

An American flag is flying from a wooden pole on a porch. The porch has white railings and columns. The house has light-colored siding and windows. In the foreground, there are yellow and purple flowers.

# All American Recipes

South Dakota National Guard  
1/147th FA BN

# **All American Recipes**



A Collection by:

**South Dakota National Guard**

**1st Battalion, 147th Field Artillery**

**Family Readiness Group**



**Publication #12,895**

*Printed in the United States of America.*

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## **Dedication**

This cookbook is dedicated to all the Soldiers  
and Families of the 1/147th FA BN  
(Field Artillery Battalion)  
of the South Dakota Army National Guard.  
We are truly grateful for your service,  
and daily sacrifices.



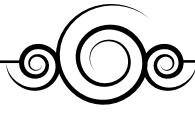
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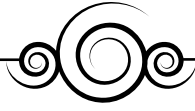
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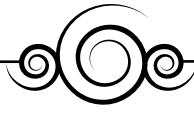


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## **1/147th Field Artillery Battalion History**

### **South Dakota National Guard**

The history of the 147th Field Artillery Battalion began with the former 147th Field Artillery Regiment, South Dakota National Guard. Service for the Battalion begins from the Spanish-American War through present conflicts.

The 1st South Dakota Infantry Regiment (U.S. Volunteers) was organized during the Spanish-American War and subsequently the Philippines Insurrection. Service continued with the 4th South Dakota Infantry on the Mexican border in 1916.

World War I activated service of the 4th South Dakota Infantry, which was converted prior to movement to France to the 147th Field Artillery Regiment. During World War I the 147th served as part of the 32nd Division and helped to pierce the Kriemhilde-Hindenberg Line. The 147th continued service in both World Wars and during the Pacific campaign.

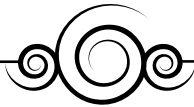
The 147th traveled to Australia in 1941 where they were the first Americans to visit that country. The 147th became well known as the “Bushmasters”. The unit left Australia and began “Island Hopping” through the Southwest Pacific, gaining prestige as it went. After World War II, the unit returned home and was reorganized as the 147th Field Artillery Battalion.

In World War II, men of the 147th Field Artillery Battalion (which derived from the reorganization of the 147th Field Artillery Regiment at Milne Bay on January 1, 1944, into the 147th FA Battalion and the 260th FA Battalion), found themselves on Luzon, Pacific Islands –where their fathers and grandfathers had fought before them in the Spanish-American War.

In 1950 the unit was again called on by our country where it became a part of the Alaskan Defense Command and deployed to Alaska. The Berlin Crisis in the fall of 1961 found the unit on the road once again, this time to Fort Sill, OK. In a period of five short weeks, the 1st Battalion, 147th Field Artillery prepared for and passed the Army Training Test and was rated “Combat Ready”. In 1974, the Battalion became the first Reserve Component unit in the United States to become proficient in the delivery of nuclear weapons.

On September 2, 1997 the Battalion converted from M109A4, 155mm howitzer (self-propelled) to the M270 Multiple Launch Rocket System.





The Battalion transitioned to the M270A1 MLRS in July 2005.

In 2001, the Battalion was activated for state missions, security of local airports, protection of national monuments, and wildland firefighting.

In 2003, 1/147 was mobilized for Operation Enduring Freedom and 94 members of 2nd Battalion served with 1/147 FA BN at Ft Sill, OK.

In late 2003-2005, 64 members of 1/147 FA mobilized with 2/147th FA BN during OIF (Operation Iraqi Freedom) II.

In 2005, Charlie Battery 1/147 FA BN was mobilized to Iraq during OIF 5-7.

In 2007, Bravo Battery 1/147 BN was mobilized to Iraq during OIF 07-09.

In October 2007, the Army Force Structure transformed 1st Bn and 2nd Bn into one Battalion forming what is now 1st Battalion, 147th FA.

In April of 2009, the restructured 1/147 FA BN was mobilized with the 115th FiB for OIF 9.2.

**The following units make up the 1/147th FA:**

**HQB 1-147 FA – Watertown**

(Headquarters and Headquarters Battery)

**DET 1 HQB 1-147 FA – Sisseton**

(Detachment 1, Headquarters and Headquarters Battery)

**A Btry 1-147 FA – Aberdeen**

(A Battery)

**B Btry 1-147 FA – Salem**

(B Battery)

**DET 1 B Btry 1-147 FA - Sioux Falls**

(Detachment 1, B Battery)

**C Btry 1-147 FA – Yankton**

(C Battery)

**FSC 1-147 FA – Mitchell**

(Forward Support Company)

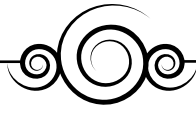
**DET 1 FSC 1-147 FA - Sioux Falls**

(Detachment 1, Forward Support Company)

**DET 2 1-147 FA – Webster**

(Detachment 2, Forward Support Company)





## **Family Readiness**

Family Support began with the continental army. Families have always supported their Soldiers, from Molly Pitcher, to nurses on the Civil War battlefields to Rosie the Riveter. The greatest role that families played and the one they continue today is tending the farm, tending the family, and tending each other, allowing their Soldier to focus on the mission..

Officially Family Programs began in SD in 1988 when the army recognized the powerful role that Families play in mission readiness.

Since that time Family Readiness groups have grown in strength and importance becoming a part of the commander's special staff, giving Families a voice. Their combined voice has brought the development of numerous programs and resources for the benefit of all Military Families.

Family Readiness Groups, the Volunteers who run them and the Families who belong to them are true American heroes. They serve too!



## **Acknowledgements**

I would like to thank everyone who contributed to this cookbook, your participation was incredible!

I would also like to extend a special thank you to the Cookbook Committee:

Teresa Arbach  
Kim K. Chase  
Shirley Deatherage  
Lindsey Paulson

Your help was instrumental in completing this project.  
Tammy Chase



A close-up, slightly blurred image of the American flag, showing the stars and stripes in a wavy pattern. The colors are vibrant, with deep reds, bright whites, and a rich blue.

# Appetizers, Beverages & Dips

## **Almond Flavored Popcorn**

Submitted by Kimberly Gilmour  
Good Friend of SPC Justin Blais

<i>2 bags of popped microwave popcorn (16 cup of popped corn)</i>	<i>1 1/3 C. sugar</i>
<i>1 C. slivered almonds (optional)</i>	<i>1/2 C. karo syrup</i>
<i>1 C. butter</i>	<i>1/2 tsp. vanilla</i>
	<i>1/2 tsp. almond flavoring</i>

Bring butter, sugar, and syrup to a boil. Let this boil 1 - 2 minutes (Less time makes it chewy, more time makes it crispier. I usually do do closer to 2 minutes.) After mixture is done boiling, add flavorings. Pour over popcorn and almonds and let cool on waxed paper.

## **Amazing Bruschetta**

Submitted In Honor of 2LT Tony Stokley

<i>2 large tomatoes, coarsely chopped</i>	<i>1 tsp. fresh chopped basil</i>
<i>1/2 sweet onion, chopped</i>	<i>2 tsp. fresh chopped parsley</i>
<i>2 T. olive oil</i>	<i>1/2 loaf Italian bread, cut into 1" thick slices</i>
<i>1 T. fresh chopped oregano</i>	<i>1/4 C. grated Parmesan cheese</i>

Preheat oven to 400°. In a medium bowl, combine chopped tomatoes, chopped onions, olive oil, chopped oregano, chopped basil and chopped parsley. Place bread slices on a baking sheet and top each slice with some of the tomato mixture. Sprinkle grated Parmesan cheese over each slice. Bake in oven for 8 to 10 minutes, until bottom of bread slices are browned. Let cool 5 minutes before serving. Makes 6 servings.

## **Apple Berry Salsa (Pampered Chef)**

Submitted by Sharon Roberts  
Wife of SFC Jay Roberts

<i>2 Medium Granny Smith Apples</i>	<i>2 T. packed brown sugar</i>
<i>1 pt. strawberries, diced</i>	<i>2 T. apple jelly or apricot jam</i>
<i>2 kiwi, peeled and dice</i>	<i>Baked Cinnamon Chips (recipe in</i>
<i>1 small orange</i>	<i>cookbook)</i>

1. Peel, core, and chop apples. Dice strawberries and place fruit in a small bowl.
2. Zest orange to measure 1 tsp. zest. Juice orange to measure 2 T. of juice. Add orange zest, juice, brown sugar, and jelly to fruit mixture; mix gently. Refrigerate until ready to serve. Serve with Baked Cinnamon Chips

## **Apple Dip**

Submitted In Honor of CSM Darold Diede

<i>8 oz. cream cheese</i>	<i>3/4 C. white sugar</i>
<i>1/2 C. brown sugar</i>	<i>1 tsp. vanilla</i>

Beat with mixer. Chill and serve with sliced apples.

## **Apricot Brandy Slush**

Submitted by Cindy Reinbold  
Mother of SPC Justin Reinbold

<i>46 oz. can Apricot Nectar</i>	<i>6 oz. can frozen orange juice</i>
<i>46 oz. can Pineapple juice</i>	<i>1 pt. vodka</i>
<i>6 oz. can frozen pink lemonade</i>	<i>1 pt. apricot brandy</i>

Mix together and freeze. Stir a few times while freezing. Serve in glass with 7Up or Sprite.



## **Apricot Slush**

Submitted in Honor of SGT Stan Ware

<i>46 oz. pineapple juice</i>	<i>6 oz. frozen orange juice</i>
<i>46 oz. apricot nectar</i>	<i>1 C. apricot brandy</i>
<i>6 oz. frozen pink lemonade</i>	<i>1 C. vodka</i>

Mix in ice cream pail and put in freezer. Use 2 scoops per glass. Fill with 7-Up, Squirt or Wink.

## **Bagel Dip**

Submitted by Beth Gray  
Mother of PV2 Zaide Gray

<i>2 pkgs. dried beef</i>	<i>1 1/3 C. sour cream</i>
<i>1 small onion</i>	<i>2 T. accent or other seasoning</i>
<i>1 1/2 C. real mayonnaise</i>	

Cut dried beef into small pieces and mix with other ingredients. Cut bagels into bite size pieces to dip.

## **Baked Cinnamon Chips** **(All The Best Cook Book) Pampered Chef**

Submitted by Sharon Roberts  
Wife of SFC Jay Roberts

<i>8 (7 inch) flour tortillas</i>	<i>1/4 tsp. ground cinnamon</i>
<i>1 T. sugar</i>	

Preheat oven to 400 degrees.

Lightly spray tortillas with water.

Combine sugar and cinnamon. Sprinkle over tortillas. Cut tortillas into eight wedges and bake 8-10 minutes or until edges are lightly browned and crisp.

## **Black Bean Salsa**

Submitted by Erin Schlimgen  
Wife of SSG Nate Schlimgen

<i>1 can shoepeg corn</i>	<i>Sliced green onions</i>
<i>1 can diced roasted tomatoes</i>	<i>Chopped cilantro</i>
<i>1 can rotel tomatoes, original</i>	<i>Zesty Italian salad dressing</i>
<i>1 can black beans, rinsed</i>	

Mix together.

Add onions, cilantro and dressing to your liking.

## **Brandy Slush**

Submitted by Wendy Wieseler  
Wife of SGT Shane Wieseler

<i>9 1/2 C. water</i>	<i>1 (12 oz) can frozen orange</i>
<i>1 1/2 C. sugar</i>	<i>juice</i>
<i>1 (12 oz) can frozen lemonade</i>	<i>1 1/2 C. brandy</i>

Combine water and sugar in large saucepan. Bring to a Boil . Let cool, add lemonade and orange juice : mix well. Add Brandy. Place in 5 quart container. Place in freezer. Stir every 2 hours to keep brandy mixed in. Serve with 7-up , Sprite or Sierra mix, 1/2 cup slush then fill rest of glass with pop of choice.

## **Buffalo Chicken Dip**

Submitted by Tracy Gohn  
Wife of SSG Jon Gohn

<i>2 Large cans of chicken; drained</i>	<i>1 C. of Ranch dressing</i>
<i>3/4 C. Frank's Red Hot</i>	<i>2 C. of shredded cheddar</i>
<i>2- 8 oz of cream cheese</i>	<i>cheese</i>

Mix all ingredients into a crock pot. Stirring occasionally. Serve with tortilla chips.

## **Buffalo Wing Dip**

Submitted by Teresa Arbach  
Significant other of SSG William Andrews

- |  |  |
|--|--|
| <i>1 Rotisserie chicken or 3<br/>chicken breasts</i> | <i>1 - 8 oz. pkg. cream cheese</i>               |
| <i>1 Bottle Franks Buffalo Wing<br/>sauce</i>        | <i>1 - 16 oz bottle Blue Cheese<br/>dressing</i> |
|  | <i>1 pkg. of 4 mexican cheese</i>                |

Cut chicken or breasts up into small pieces.

Mix the chicken and sauce together, put in bottom of pan.

Mix: cream cheese & blue cheese dressing

Pour over top of the chicken, sprinkle cheese over the top.

Bake 350 for 20-30 minutes

Mix all together after cooked, works well to keep warm in a crock pot.

## **Carmel Crispix Mix**

Submitted by Donna Gohn  
Mother of SGT Jon Gohn

- |  |  |
|--|--|
| <i>1 C. butter or margarine</i>        | <i>10 oz. bag of pretzels</i>                                |
| <i>2 C. brown sugar</i>                | <i>1 jar dry roasted peanuts<br/>and/or cocktail peanuts</i> |
| <i>1/2 C. white corn syrup</i>         |  |
| <i>10 C. crispix (I use 12 oz box)</i> |  |

Mix butter, brown sugar and corn syrup. Bring to a boil for 1 1/2 minutes.

Pour the mixture over crispix, pretzels, peanuts.

Bake in large pan at 325° for 8 minutes - stir and bake 8 more minutes.

Cool on aluminum foil. Break apart when still warm.

Sometimes I skip the pretzels and add cashew pieces.

## **Cheese Ball**

**Submitted by Crystal Steffen  
Wife of SGT Craig Steffen**

<i>3- 8 oz pkg. Cream Cheese</i>	<i>1 pkg. Onion Soup mix</i>
<i>1 pkg. Dried beef</i>	<i>2 C. Shredded Cheddar Cheese</i>

Whip cheeses with blender or mixer. Add onion soup mix and dried beef. Form into large ball.

## **Cheese Ball**

**Submitted by Marlys Fisher  
Mother of CPT Damien Fisher**

<i>2 pkgs. 8 oz. cream cheese</i>	<i>1/2 C. miracle whip</i>
<i>1 pkg. cheddar cheese</i>	<i>1/2 C. dried beef</i>
<i>1/2 C. onion (chopped)</i>	

Mix together and shape into ball. Roll in chopped parsley and chopped nuts.

This can be made in advance; also can be frozen for later use.

## **Colleen's Yummy Dip**

**Submitted by Colleen Nilson  
Wife of CPT Kerry Nilson**

<i>1 pkg. cream cheese, softened</i>	<i>Green onion, chopped</i>
<i>1 C. Miracle Whip, can use light or fat free version</i>	<i>2 jars pre-cooked real crumbled bacon pieces</i>
<i>1-2 C. sour cream, can use light or fat free version</i>	<i>Dash of garlic powder or fresh garlic, minced (don't over do!)</i>
<i>1 can water chestnuts, well drained and chopped</i>	<i>White or black pepper to taste (I like a lot!)</i>

Mix all the ingredients and serve with several kinds of crackers and/or cut up bite size pieces of soft bagels

## **Cool Drink**

Submitted by Mary Hatton  
Mother of PV2 John Hatton

*1/2 C. Strawberries*

*1/4 C. plain yogurt*

*1/2 C. cottage cheese*

Blend with chopped ice.

## **Cowboy Salsa**

Submitted by JaKelle Hardy  
Wife of 1Lt Chad Hardy

*1 can white shoe peg corn*

*1 bunch fresh cilantro (chopped)*

*1 can red beans (drained and rinsed)*

*1/2 green pepper (chopped)*

*1 can black beans (drained and rinsed)*

*1 jar chopped pimento*

*1/2 fresh jalapeno (you can use 1 jar if no fresh is available)*

*1/2 C. cider vinegar*

*1/2 C. sugar*

*1/2 C. extra virgin olive oil*

*1 bunch of fresh green onions (chopped)*

Put above ingredients (except vinegar, sugar and oil) in bowl, place in small sauce pan 1/2 cup cider vinegar and 1/2 cup sugar. Stir, bring to boil. Add 1/2 cup of extra virgin olive oil. Remove from heat. Pour over ingredients in bowl. Let stand one hour or longer, drain and serve.

## **Cream Cheese Dip**

Submitted by Jennie Reasonover  
Wife of SPC Dallas Reasonover

*2 pkgs. of cream cheese, thawed*

*1 jar salsa of your choice, size, and kind*

Cut cream cheese into cubes, pour salsa and cr. cheese into a medium to large bowl, use electric mixer blend until creamy

## **Cream Cheese Pickle Dip**

Submitted by Joann Stockland  
Mother of SSG Chad Stockland & SGT Dana Stockland.

2 - 8 oz. pkgs. of Cream Cheese    5 - 6 Dill pickles, chopped  
1 tsp. garlic salt    1 pkg. Dried beef  
Enough milk to stir

## **Deep Fried Dill Pickles**

Submitted by Colleen Nilson  
Wife of CPT Kerry Nilson

2 eggs	1 C. cornmeal
1 C. buttermilk	2 1/4 C. all-purpose flour
1 T. Worcestershire sauce	1 tsp. salt
1/2 tsp. vinegar-based hot pepper sauce	3/4 tsp. ground black pepper
3/4 tsp. cayenne pepper	1 32 oz. jar dill pickle slices
1/4 tsp. seasoning salt	1 C. vegetable oil for deep frying
1/4 tsp. garlic powder	Salt and pepper to taste

In a large bowl, combine 2 eggs, 1/4 C. of the flour, buttermilk, Worcestershire sauce, hot sauce, cayenne pepper, seasoning salt and garlic powder. In a separate mixing bowl, combine cornmeal, 2 C. flour, salt and 3/4 tsp black pepper. Preheat oil in a deep fryer or pot to 365° (180° C). Dip drained pickles into milk mixture and then dredge them in the flour mixture. Deep fry until golden brown. Drain on paper towels. Salt and pepper to taste

*A truly contented person enjoys the scenery along a detour.*

## **Delicious Bean Dip**

**Submitted In Honor of SGT Dawn Smith**

<i>1/2 lb. uncooked Cannellini beans</i>	<i>2 cloves garlic, minced</i>
<i>1 C. extra-virgin olive oil</i>	<i>2 T. fresh chopped sage</i>
	<i>Salt to taste</i>

In a 2-quart pot, soak Cannellini beans in water overnight. In the morning, rinse and add new water to cover the beans. Place pot with beans over high heat and bring to a boil for 20 to 25 minutes, until tender. Drain pot and add olive oil. Using a potato masher, mash beans until creamy in texture. Add minced garlic and chopped sage and mix well. Season with salt to taste. Serve cold as a dip for chips. Makes 6 servings.

## **Easy Dip**

**Submitted by Jennifer Voss  
Wife of CPT Keith Voss**

*2 lb. Velveeta cheese*  
*1 can Ro Zel tomatoes (11 oz.  
can)*

Melt cheese in top of a double boiler. When partially melted, add tomatoes. (can also use crock pot).  
Serve warm with corn chips or your favorite chips.  
This dip can be re-heated.

## **Easy Garlic Salsa**

**Submitted In Honor of SSG Shawn Bastian**

<i>1-14 1/2 oz. can diced tomatoes, drained</i>	<i>1 T. minced garlic</i>
<i>1/2 C. olive oil</i>	<i>1 T. fresh chopped parsley</i>
	<i>Salt and pepper to taste</i>

In a medium bowl, combine drained tomatoes, olive oil, minced garlic, chopped parsley, salt and pepper. Mix until well incorporated. Cover with plastic wrap and refrigerate or chill in cooler until ready to serve. Serve with tortilla chips for dipping. Makes 4 servings.

## **Egg Rolls**

Submitted by Marlys Fisher  
Mother of CPT Damien Fisher

<i>3 T. oil</i>	<i>1 1/2 - 2 C. bean sprouts</i>
<i>1/4 lb. shrimp minced</i>	<i>1 1/2 tsp. soy sauce</i>
<i>1/2 lb. lean pork minced</i>	<i>1 1/2 tsp. sherry</i>
<i>1/2 C. shredded bamboo shoots</i>	<i>1 egg lightly beaten</i>
<i>8 spring onions minced</i>	<i>Oil for deep frying</i>
<i>8 water chestnuts, sliced</i>	<i>1 pkg egg roll wrappers</i>
<i>3 thin sliced ginger root</i>	

Heat 2 T. oil in wok or large skillet. Add pork, stir fry 2 minutes or until loses pink color. Add shrimp for about 45 seconds. Remove pork & shrimp. Add remaining oil. When hot add onions, bamboo shoots, water chestnuts & ginger root. Stir fry 1 1/2 minutes. Add bean sprouts, stir fry in salt, soy sauce & sherry.

Transfer mixture to colander to drain & cool completely. Divide mixture into 14 equal parts. Place 1 portion of filling slightly off center of each wrapper. Roll wrapper once to enclose filling & tuck the sides in neatly. Brush unstuffed portion with beaten egg.

Place the rolls sealed edge down. Heat oil in wok to very hot.

Fry 3 - 4 minutes. Drain & serve.

## **Frozen Fruit Slushi**

Submitted by Daniel Voight  
Son of SGT Brian Voight

*Fresh & canned fruits*

*Orange juice*

Take a variety of fresh and canned fruits; cube them and mix together

Spoon mixture into small cups/freezer containers

Pour in orange juice to cover fruit

Freeze

Let thaw for about five minutes before serving

If desired, serve with a can of diet lime/lemon-lime soda - pour soda over the mixture, eat, pour some more, eat, etc.

If desired, take the mixture and use it as the frozen fruit ingredient of a slushi/smoothie



## **Fruit & Cheese Kabobs**

Submitted by Colleen Nilson  
Wife of CPT Kerry Nilson

*Cubed cheese -Colby jack,  
cheddar, etc.*

*Fruit -grapes, strawberries, cut  
melon, etc*

Skewer a piece of cubed cheese with a piece of cubed fruit in between each piece on a wooden skewer. Add several pieces on each skewer. A festive and a healthy alternative for the holidays or any party.

## **Homemade Chips**

Submitted In Honor of SSG Justin Morrison

*Tortilla shells*

*Miniature cookie cutters*

Cut out the tortilla chips with the miniature cookie cutters. Bake at 350° for 7 to 8 minutes.

## **Hot Artichoke Dip**

Submitted In Honor of SGT Jason Severson

*1/2 C. mayonnaise*

*2-8 oz. pkgs. cream cheese,  
softened*

*1-14 oz. can artichoke hearts,  
drained and chopped*

*1-10 oz. pkg. frozen chopped  
spinach, thawed and drained*

*1 C. grated Parmesan cheese*

*3 cloves garlic, minced*

*2 T. lemon juice*

Preheat oven to 375°. Lightly grease a 9x13" baking dish and set aside. In a medium bowl, combine mayonnaise and cream cheese, mixing until blended and creamy. Add chopped artichoke hearts, drained spinach and grated Parmesan cheese. Mix well and stir in minced garlic and lemon juice. Spread mixture evenly into prepared baking dish. Cover with aluminum foil and bake in oven for 20 minutes. Remove foil for final 5 minutes of baking time. Serve with bread cubes, crackers or tortilla chips for dipping. Makes 8 to 10 servings.

## **Hot Chipped Beef Dip**

**Submitted In Honor of SFC Bryan Pohlen**

<i>8 oz. cream cheese</i>	<i>2 T. onion flakes</i>
<i>1/2 C. sour cream</i>	<i>1/2 tsp. garlic salt</i>
<i>1 T. milk</i>	<i>1/4 tsp. pepper</i>
<i>1/4 C. green pepper (optional)</i>	<i>3 oz dried beef, chopped</i>

Mix cream cheese, sour cream and milk until smooth. Stir in rest of ingredients. Spoon into buttered oven-proof dish and bake for 15 - 20 minutes at 350° or put in crock pot and heat. Serve with corn chips.

## **Hot Wing Dip**

**Submitted by Marlys Fisher  
Mother of CPT Damien Fisher**

<i>1 cooked chopped chicken breast</i>	<i>1 C. hot sauce</i>
<i>1 8 oz. cream cheese softened</i>	<i>1 C. ranch dressing</i>
	<i>2 C. shredded cheddar cheese</i>

Mix all ingredients and cook in crock pot. Serve with chips.

*You may outgrow your mother's lap,  
but you'll never outgrow her heart.*

## **Italian Nachos**

**Submitted by Colleen Nilson  
Wife of CPT Kerry Nilson**

- |  |   |
|--|---|
| <i>7 oz won-ton wrappers (about<br/>1/3 of a med package)</i>  | <i>1/2 C. fresh tomatoes, diced</i>             |
| <i>Canola oil</i>  | <i>1/4 C. kalamata black olives,<br/>sliced</i> |
| <i>2/3 C. asiago cream sauce<br/>(recipe below)</i>            | <i>1/4 C. green onions, chopped</i>             |
| <i>1/3 C. (3 oz.) ground Italian<br/>sausage, fully cooked</i> | <i>1/4 C. banana peppers, sliced</i>            |
| <i>Pepperonis, cut several into<br/>quarters</i>               | <i>Asiago Cream Sauce:</i>                      |
| <i>2 C. (8 oz.) grated mozzarella<br/>cheese, divided</i>      | <i>2 T. water</i>                               |
|  | <i>2 C. heavy cream</i>                         |
|  | <i>1/2 tsp. chicken bouillon<br/>granules</i>   |
|  | <i>1 1/2 C. asiago cheese, shredded</i>         |

Make asiago cream sauce: In a cup combine cornstarch and water. Heat cream in a small sauce pan over med-low heat. Stir in bouillon granules and cornstarch-water mixture. Add asiago cheese and stir until melted and smooth, about 5 minutes. Makes 3 cups. Cut each won-ton in half diagonally (triangle). Fry in canola oil until light brown, about 30-45 seconds. Drain on paper towels. On a large baking dish place fried won-tons in a single layer then top with asiago cream sauce, sliced pepperonis and cooked sausage. Add half of the mozzarella cheese (1 c). Layer on the tomatoes, olives, onions and peppers. Top with remaining mozzarella and broil at 400°-500° until cheese is melted and lightly brown, about 2-3 minutes. \*Use any left over cream sauce to top veggies or a baked potato.

*In cooking and in life as well  
The only way that one can tell  
What recipe is best, no doubt  
Is read it through and try it out.*

## **Jello Kool-Aid Popsicles**

Submitted by Colleen Nilson  
Wife of CPT Kerry Nilson

<i>1 small pkg Jello</i>	<i>1 C. hot water</i>
<i>1 small pkg dry Kool-Aid</i>	<i>1 C. cold water</i>
<i>1 C. sugar</i>	

Use similar or same flavors of Jello and Kool-Aid when combining. Mix all ingredients, except cold water. Stir and dissolve Jello, Kool-Aid and sugar. Add cold water and stir. Pour into popsicle molds, small cups or disposable cups with popsicle sticks in the middle (put foil over the top of the cup, then stick the stick through and into the mixture so it can hold it in place during the freezing process). Can also fill an ice cube tray and put plastic wrap or foil over the top and tooth picks stuck through the middle of each cube, then freeze until solid. \*Also good to use as ice cubes in a punch bowl. Won't dilute the flavor of the punch.

## **Julie's Cheese Ball**

Submitted in Honor of SFC Brett Blake

<i>3 (8 oz) pkgs. cream cheese</i>	<i>2 tsp. worchestershire sauce</i>
<i>Dried beef, your desired amount</i>	<i>1/8 tsp. Tabasco (if desired)</i>
<i>2 T. minced onion</i>	

Mix cream cheese, 1/2 of the dried beef (chopped fine), onion, Worcestershire sauce and Tabasco. Form into 2 balls. Roll in chopped nuts. Refrigerate.

*Some cause happiness wherever they go;  
others whenever they go.*

## **Kim's Mini Ham Puffs**

**Submitted by Colleen Nilson  
Wife of CPT Kerry Nilson**

<i>1 pkg. (2.5 oz) processed ham</i>	<i>1/8-1/4 tsp. black pepper</i>
<i>1 small onion, minced</i>	<i>1 1/2 tsp. Dijon mustard</i>
<i>1/2 C. shredded swiss cheese</i>	<i>1 pkg. (8 oz) refrigerated</i>
<i>1 egg</i>	<i>crescent rolls</i>

Chop ham and onion fine. Mix with cheese, raw egg, pepper and mustard. Spray mini muffin tin with oil spray. Unroll crescent rolls into a large rectangle. Cut rectangle into 24 pieces, using pizza cutter or sharp knife. Place dough pieces into mini muffin pan cups, one at a time, and form a cup. Using a scoop, place filling in each cup and bake for 15 minutes or until lightly brown, at 350°.

## **Krazy Krunch**

**Submitted by Marlys Fisher  
Mother of CPT Damien Fisher**

<i>2 qts. popped corn</i>	<i>1 C. margarine/butter</i>
<i>1 1/3 C. pecans</i>	<i>1 tsp. vanilla</i>
<i>2/3 C. almonds</i>	<i>1/2 C. karo syrup</i>
<i>1 1/3 C. sugar</i>	

Mix popped corn and nuts on a cookie sheet. Combine rest of ingredients in sauce pan. Bring to a boil over medium heat or until mixture turns light caramel in color. Remove from heat. Stir in vanilla, pour over popped corn and nut mix to coat well. Spread to dry. Break apart in covered container. Makes about 2 lbs.

*Leftovers are a kind of food that are here today -  
and here tomorrow.*

## **Layered Taco Dip**

**Submitted by Colleen Nilson  
Wife of CPT Kerry Nilson**

<i>1-2 cans re-fried beans mixed with a little taco seasoning</i>	<i>Green onion, chopped</i>
<i>Sour cream</i>	<i>Shredded cheese</i>
<i>1 small jar salsa</i>	<i>Diced tomatoes</i>
<i>Shredded lettuce (opt)</i>	<i>Black olives, sliced</i>

Spread beans on the bottom of a glass pie plate. Gently spread sour cream over beans. Layer remaining ingredients over each other in order of recipe list. Serve with corn chips, Frito scoops or Doritos chips.

## **Low Calorie No Sugar Punch**

**Submitted by Colleen Nilson  
Wife of CPT Kerry Nilson**

<i>2 bottles, 2 quarts each, of your favorite citrus diet soda: Diet 7up, Diet Squirt, Diet Sprite, Diet Ginger Ale, etc.</i>	<i>1 bag of frozen mixed berries (I use a cup or 2 in every full punch bowl) or fresh mixed berries of your choice: strawberries, raspberries, blue berries, black berries, etc</i>
<i>1 bottle Diet Ocean Spray Juice Drink in any flavor (only 5 calories in an 8 oz glass and no sugar!)</i>	

Chill sodas and juice. Pour two 2 qt. bottles of diet soda and one bottle of diet Ocean Spray juice into a large glass punch bowl. Add as many pieces of fruit as desired. They will look very festive and are healthy, too.

\*I make this in my large punch bowl at every family gathering and holiday party. After all the high calorie foods we eat at that time, this punch is a good alternative to the high calorie beverages. Also good for those watching their sugar intake.

## **Mango Salsa**

**Submitted In Honor PFC Andrew Schultz**

- |  |  |
|--|--|
| <i>1 red bell pepper</i>                           | <i>1 T. minced fresh mint</i>          |
| <i>1 jalapeno pepper</i>                           | <i>2 T. minced green onions</i>        |
| <i>2 ripe mangos, peeled, pitted<br/>and diced</i> | <i>1/2 tsp. dried red chili flakes</i> |
| <i>1 T. minced red onion</i>                       | <i>1 T. fresh lime juice</i>           |
| <i>1 1/2 T. minced fresh cilantro</i>              | <i>3 T. olive oil</i>                  |

Roast red bell pepper and jalapeno pepper over a grill or in a sauté pan over high heat. After peppers are roasted, peel, seed and mince the peppers. In a large bowl, combine minced bell pepper, minced jalapeno peppers, diced mangos, minced red onion, minced cilantro, minced fresh mint, minced scallions, dried red chili flakes, lime juice and olive oil. Mix well and serve with tortilla chips for dipping. Makes 2 cups.

## **Margarita**

**Submitted in Honor of Retired SSG Kimberly K. Chase**

- |                                  |                   |
|----------------------------------|-------------------|
| <i>1 small (6 oz.) lime aide</i> | <i>Triple sec</i> |
| <i>1/2 can beer</i>              | <i>Tequila</i>    |
| <i>1 - 2 T. sugar</i>            |                   |

Mix together.  
Fill tequila 1/4 from top of lime aide can, fill rest with triple sec.  
Serve over ice.

## **Marinated Fresh Tomatoes**

**Submitted by Marlys Fisher  
Mother of CPT Damien Fisher**

- |                                       |                         |
|---------------------------------------|-------------------------|
| <i>4 tomatoes sliced or quartered</i> | <i>1/4 tsp. basil</i>   |
| <i>2 T. wine vinegar</i>              | <i>1 T. onion</i>       |
| <i>1/8 T. dill weed</i>               | <i>1/4 C. olive oil</i> |
| <i>1/8 tsp. garlic powder</i>         | <i>1/8 tsp. pepper</i>  |
| <i>2 T. sugar</i>                     | <i>1/2 tsp. salt</i>    |

Mix marinade & pour over tomatoes. Refrigerate 1 to 2 hours before serving.  
May serve over a bed of lettuce.

## **Merri's Shrimp and Cream Cheese Dip**

Submitted by Colleen Nilson  
Wife of CPT Kerry Nilson

- |  |                                |
|--|--------------------------------|
| 1 C. tiny shrimp, precooked (can use canned, well drained) | 1/4 tsp. salt                  |
| 1 C. catsup  | 1 1/2 T. horseradish, minced   |
| 2 T. lemon juice   | 1 T. Tabasco sauce             |
| 1/2-1 tsp. Worcestershire sauce                            | 1/2 C. minced celery           |
|  | 2 T. green onion, chopped fine |

Mix above ingredients well, but don't breakup shrimp too much. Pour over a block of softened cream cheese and serve. Dip with crackers.

## **Mexi Roll ups**

Submitted by Jennie Reasonover  
Wife of SPC Dallas Reasonover

- |                              |  |
|------------------------------|--|
| 1 pkg. cream cheese, thawed  | Small can chopped green chilies (optional) |
| 1 16 oz. sour cream          | 1 pkg. shredded cheese                     |
| 1 pkg. dry ranch dip mix     | 2 pkgs. burrito size tortillas             |
| Small can diced black olives |  |
| Small jar pimentos           |  |

Mix sour cream and ranch in large mixing bowl, mix in cream cheese. Use chopper to chop black olives, chillies, and pimentos, mix into cream cheese and sour cream. Mix in shredded cheese. Spread about 2 T. of dip on each tortilla, then roll. Refrigerate for about an hour then cut into about 1 inch pinwheels. They are awesome dipped into salsa, great for a get together.

## **Oyster Snack Crackers**

Submitted by Marlys Fisher  
Mother of CPT Damien Fisher

- |                      |                        |
|----------------------|------------------------|
| 3 C. oil             | 1 1/2 T. dill weed     |
| 2 pkg. hidden valley | 4 pkg. oyster crackers |

Heat oil (do not get too hot seasoning will burn). Add powdered dressing and dill weed. Stir until dissolved. Pour over crackers. Stir until oil is absorbed. Store in air tight container.



## **Pickle Roll-ups**

Submitted In Honor of SPC Tanner Baird

*Mini dill pickles*

*Thin sliced chopped ham*

*Cream Cheese - room  
temperature*

Spread the cream cheese onto the ham. Cut the ham in half and put a mini-dill in each on and roll up.

## **Pickled Eggs**

Submitted by Kim Chase  
Sister-in-Law to LTC David Chase

*1/2 C. Water*

*4 tsp. canning salt*

*2 C. vinegar*

*2 T. sugar*

*1 T. pickling spice*

*1 tsp. garlic*

*1/4 tsp. pepper*

*1 tsp. mustard*

If you boil the eggs in half vinegar and half water they peel easier. Also boil the eggs for 10 minutes then cool for 10 minutes then run under cold water.

*Love in your heart wasn't put there to stay.  
Love isn't love until you give it away.*

## **Pineapple Salsa with Toasted Coconut**

**Submitted In Honor of SSG Bandon Wolf**

<i>1-20 oz. can pineapple chunks, drained</i>	<i>1 1/2 tsp. minced fresh gingerroot</i>
<i>1-20 oz. can crushed pineapple, drained</i>	<i>1/2 C. water</i>
<i>1 C. shredded coconut, toasted*</i>	<i>1/2 C. sugar</i>
<i>1 C. thinly sliced scallions, green part only</i>	<i>1 T. salt</i>
<i>1/4 C. seeded and chopped jalapeno peppers, optional</i>	<i>Zest and juice of 2 lemons</i>
	<i>1/2 C. fresh chopped cilantro</i>

In a large bowl, combine drained pineapple chunks, drained crushed pineapple, toasted coconut, sliced scallions, chopped jalapeno peppers, minced gingerroot, water, sugar, salt, zest and juice of lemons and fresh chopped cilantro. Mix well and refrigerate until ready to serve. Serve with tortilla chips. Makes about 4 cups.

\*To toast, place shredded coconut in a single layer on a baking sheet. Bake at 350° for approximately 10 minutes or until coconut is golden brown.

## **Plantation Tea**

**Submitted In Honor of SPC Joel O'Daniel**

<i>1 qt. boiling water</i>	<i>1 small can frozen lemonade</i>
<i>7 tea bags</i>	<i>4 lemonade cans of water</i>
<i>12 stems of mint</i>	<i>1 1/2 C. pineapple juice</i>
<i>1/2 to 1 C. sugar</i>	

Bring water to boil. Pour water over tea bags, mint and sugar. Stir. Let sit for 30 minutes then discard tea bags and mint. Squeeze them out into liquid.

Add lemonade, water & pineapple juice, chill and serve.

Note: you can also add alcohol to this mixture.

## **Punch**

Submitted by Josie Adams  
Wife of SPC Brandon Adams

<i>2 bottles ginger ale</i>	<i>1 can lemon juice</i>
<i>2 cans pineapple juice</i>	<i>3 cans water (AGAIN YES</i>
<i>3 cans frozen orange juice</i>	<i>because 1 can water for each</i>
<i>3 cans water</i>	<i>can of juice!)</i>

MIX TOGETHER

2 Quarts sherbet (CAN USE Orange lemon or lime) put sherbert in right before serving!  
ENJOY!

## **Puppy chow**

Submitted by Marlys Fisher  
Mother of CPT Damien Fisher

<i>Crispix cereal</i>	<i>1 stick of margarine</i>
<i>1 C. peanut butter</i>	<i>2 C. powdered sugar</i>
<i>1 C. chocolate chips</i>	

Melt together the peanut butter, chocolate chips and margarine and pour over cereal. Put 2 C. powdered sugar in a bag and shake cereal in it. Lay out to dry. Make one batch at a time.

*Be glad for all God is planning for you.  
Be patient . . . and prayerful always.*

## **Quesadillas**

**Submitted by Colleen Nilson  
Wife of CPT Kerry Nilson**

*Flour shells*

*Shredded cheese*

*Softened butter, margarine or  
butter spray*

*The rest of the ingredients  
are optional. Select what  
you desire: meat-cooked  
hamburger, diced ham,  
chicken, turkey, pepperonis,  
sausage, crumbled bacon*

*Veggies-chopped tomatoes,  
onions, any type of peppers,  
black or green olives,  
mushrooms or any other kind  
you like.*

*Toppings-salsa, sour cream,  
guacamole, cilantro, raw green  
onions*

Heat a non stick frying pan or non stick electric fry pan or griddle. Spray a light coat on the surface and heat to 325°-350°. Lightly butter one side of the flour shell and lay butter side down on the hot pan. Add desired meat, veggies and cheese. Top with another flour shell that is lightly buttered on one side and have the butter side up (like how a grilled cheese sandwich is made). When the flour shell is golden brown gently flip it to the other side to brown. It is done when it reaches the desired grilled consistency. Cut like a pizza in 4 or 6 slices and serve with toppings on the side.

## **Refreshing Punch**

**Submitted In Honor of SPC Monte Patterson**

*Strawberry Pop*

*7 - Up*

Mix equal parts strawberry pop and 7 - Up. Can put fresh strawberries in the punch bowl for an added touch.

## **Rhubarb Slush**

Submitted by Sharon Roberts  
Wife of SFC Jay Roberts

<i>8 C. rhubarb</i>	<i>1 sm pkg. strawberry jello</i>
<i>2 qts. water</i>	<i>2 C. vodka.</i>
<i>3 C. sugar</i>	<i>Fresca</i>
<i>1/2 C. lemon juice</i>	

Cook together until tender. Strain juice into ice cream bucket. Add jello and vodka. Freeze. Add fresca when serving.

Makes a great slush without the vodka as well.

## **Salsa**

Submitted by Sarah Kuhl  
For SGT Sky Padgett

<i>4 small (2 C) tomatoes peeled and chopped</i>	<i>1/2 tsp. oregano leaves</i>
<i>1/2 C onion finely chopped</i>	<i>1/2 T. cilantro</i>
<i>1 or 2 jalapeno peppers seeded and minced</i>	<i>2 T. olive oil</i>
<i>1 T. sugar</i>	<i>1 T. lime or lemon juice</i>
<i>1 tsp. salt</i>	<i>1 T. vinegar</i>
	<i>8 oz. can tomato sauce</i>

In large bowl, combine all ingredients. Cover; chill several hours.

## **Simple Sports Dip**

Submitted by Nancy Blais  
Mother of SPC Justin Blais

<i>1 lb pork sausage (if you like spice use the Jimmy Dean Hot Sausage)</i>	<i>2- 8 oz. pkg. of cream cheese</i>
<i>1 can Rotel</i>	<i>Doritos or favorite chip of your choice</i>

Brown sausage, drain, add can of Rotel and cream cheese. It works great to keep warm in a crock pot. This dip is easy to double also.

## **Slush**

Submitted by Morgan Pageler  
Sister of SPC Bryce Pageler and  
Sister-in-Law of SPC Wade Powell

1-12 oz. can frozen Orange Juice	1 large can Pineapple Juice
1-12 oz. can frozen Lemonade	6 C. Water
	1 C. Sugar

Mix in Ice Cream Pail and freeze. (Stir every couple hours while freezing)  
Serve with 7-Up.

## **Slush**

Submitted by Linda George  
Mother of SGT Sara Bierman

5 C. water	1 - 12 oz. can orange juice (frozen)
2 C. sugar	
3 black tea bags	2 C. liquar (lime or cherry vodka or sloe gin)
1-12 oz. can lemonade (frozen)	

Boil the water and sugar til dissolved.  
Put tea bags in 2 cups boiling water til cool.  
Add lemonade, orange juice and liquar and freeze.  
Serve with 7-up

## **Snack Crackers**

Submitted by John & Kathleen Hanson  
Parents of SGT Chad Hanson

8 - 10 boxes of various varieties of snack crackers	Dressing:
4 C. mixed nuts	1 bottle Orville Redenbacher's buttery popcorn oil
	1 T. garlic salt
	1 T. onion powder

Mix together crackers and nuts. Pour oil, salt and powder mixture over the crackers and nuts.  
Mix in a kitchen size garbage bag.  
Divide as desired.  
Can also be frozen.

## **South of the Border Cheese Spread**

Submitted in Honor of SGT Michael Bertsch

- |   |                               |
|---|-------------------------------|
| <i>1 C. shredded cheddar cheese<br/>(4 oz.)</i> | <i>1 C. mild chunky salsa</i> |
| <i>1 - 8 oz. pkg. softened cream<br/>cheese</i> |                               |

Combine cream cheese and salsa in medium bowl. Mix until well blended. Stir in cheese. Best if chilled a little before serving. Serve on crackers, wheat thins, triscuits, ritz, etc. Also good as a vegetable dip.

## **Spicy Chicken Pinwheels**

Submitted In Honor of PFC Nicholas Saylor

- |   |  |
|---|--|
| <i>1-8 oz. pkg. cream cheese,<br/>softened</i>            | <i>1/2 tsp. garlic powder</i>                      |
| <i>2-4 1/2 oz. cans chopped green<br/>chiles, drained</i> | <i>2 T. hot sauce, optional</i>                    |
| <i>1-4 or 5 oz. can chopped black<br/>olives, drained</i> | <i>6-8" flour tortillas</i>                        |
|   | <i>2 pkgs. thinly sliced chicken or<br/>turkey</i> |

In a medium bowl, combine cream cheese, chopped green chiles, chopped black olives, garlic powder and hot sauce. Mix until well combined. Spread 1/6 of the mixture onto one tortilla. Place 1/6 of the chicken or turkey slices in a single layer over cream cheese mixture on tortilla. Roll tortilla from one end to the other as tightly as possible. Repeat with remaining mixture. Wrap rolls in plastic wrap and refrigerate for at least 2 hours. Before serving, remove plastic wrap from rolls and slice rolls into 1" pinwheels. Makes about 4 dozen.

## **Spinach Dip**

Submitted by Mary Ann Arends  
Wife of CSM George Arends

10 oz. frozen chopped spinach- thawed and dried (important)	1 C. (8 oz.) sour cream & chives
1 pkg. Knorr Vegetable Soup Mix	1 C. mayo (NOT miracle whip)
	1 can sliced water chestnuts

Mix all ingredients well and refrigerate 4-5 hours or overnight  
Serve in bread bowl or with crackers or whatever you like

## **Strawberry Salsa**

Submitted In Honor of SGT Joshua Fields

4 C. finely chopped fresh strawberries	1/2 C. Catalina salad dressing
1 C. chopped green pepper	1/4 tsp. Tabasco sauce
4 T. chopped green onion	1/8 tsp. pepper
3 T. finely chopped green parsley, or use 1 T. dried parsley	

Combine above ingredients and refrigerate for 2 hours, or overnight.  
Serve with your favorite regular flavored tortilla chips.

## **Strawberry Slush**

Submitted by Mary Hatton  
Mother of PV2 John Hatton

1 qt. fresh strawberries	1/2 C. boiling water
2 C. soft vanilla ice cream	2 tsp. lemon juice
1 pkg. 3 oz strawberry gelatin	2 liters lemon lime soda

LARGE BOWL, mash strawberries, add ice cream. SMALL BOWL,  
dissolve jello in water stir in lemon juice. Add to strawberry mixture.  
MIX WELL and  
FREEZE over night. Remove 15 minutes before serving, ADD soda



## **Stuffed Green Peppers**

Submitted by Gloria Thornberry  
Step-mom to PVT Eric Thornberry

<i>2 lbs. hamburger</i>	<i>1 C. minute rice</i>
<i>5-6 green peppers</i>	<i>2 T. Worcestershire Sauce</i>
<i>2 cans stewed tomatoes</i>	<i>2 C. shredded Cheddar Cheese</i>

In a dutch oven fill 2/3 full of water. Cut tops out of green peppers and deseed them. Put them in the water. Bring them to a boil. in another pan brown the hamburger. Drain off grease. Add tomatoes, rice, Worcestershire Sauce and stir. Let it simmer for 15 minutes. Add cheese and stir. Take the green peppers out of the water and put in a cake pan. Take the hamburger mixture and spoon into the green peppers. If there is meat left over, put it in the pan with the peppers. Bake in a 350° oven for 25 minutes. Take out and enjoy.

## **Stuffed Mushrooms**

Submitted by Patty Hendrix  
Aunt of SGT Travis Boggs

<i>25 Fresh Mushrooms</i>	<i>3 T. Parmesan Cheese</i>
<i>1 Clove Garlic Minced</i>	<i>1/3 C. Butter</i>
<i>1/4 C. Bread crumbs</i>	<i>1 tsp. Parsley</i>
<i>1/4 C. Mozzarella Cheese</i>	<i>1/4 tsp. Salt</i>

Remove stems combine garlic, bread crumbs, cheese, butter, parsley and salt in bowl. Stuff mushrooms.  
Bake 10-15 minutes at 450 degrees.

## **Taco Platter Dip**

Submitted by Josie Adams  
Wife of SPC Brandon Adams

<i>8 oz. sour cream</i>	<i>1 pack taco seasoning mix</i>
<i>8 oz. cream cheese</i>	<i>9 oz. picante sauce</i>

Mix together and spread on cookie sheet or platter. Layer top with lettuce, shredded cheese, and tomatoes. Serve with dipping chips.

## **Taco Salad Dip**

**Submitted by JoAnn Linn  
Wife of MAJ Jim Linn**

*8 oz. cream cheese  
8 oz. sour cream  
1 pkg. taco seasoning  
1 jar picante sauce*

*Chopped: lettuce, tomato, onion,  
green peppers, black olives  
Grated Cheddar cheese*

Combine cream cheese, sour cream & taco seasoning. Spread on bottom of a 9x13 platter. Pour picante sauce over top. Layer on top chopped ingredients and cheese. Keep refrigerated.

## **Tortilla Pinwheels**

**Submitted In Honor of SGT Daniel Bloom**

*8 oz. sour cream  
1 - 8 oz. pkg. cream cheese,  
softened  
1 - 4 oz. can black olives, well  
drained  
1 C. grated cheddar cheese  
1/2 C. chopped green onion*

*Garlic powder, to taste  
Seasoned salt, to taste  
5 - 10" flour tortillas  
Parsley - for garnish  
Salsa*

Mix all of the filling ingredients together thoroughly. Divide the filling and spread evenly over the tortillas, roll up tortillas. Cover tightly with plastic wrap, twisting ends. Refrigerate for several hours. Unwrap. Cut in slices 1/2 to 3/4 inch. Lay pinwheels flat on glass serving plate. Garnish with parsley. Leave space in center for small bowl of salsa.

Yield: 50 pinwheels.

## **Watermelon Salsa**

**Submitted by Amy Kozak**

**Significant other of SSG Neal Stratman**

- |   |   |
|---|---|
| <i>2 C. watermelon--seeded and<br/>finely diced</i>       | <i>1 bunch cilantro (leaves only)<br/>chopped</i> |
| <i>1 granny smith apple --peeled<br/>and finely diced</i> | <i>2 T sugar</i>                                  |
| <i>1 red onion-julienne</i>                               | <i>Salt &amp; pepper to taste</i>                 |
| <i>2 cloves of garlic--minced</i>                         | <i>Juice of 2 limes</i>                           |
| <i>1 mango--peeled, pitted, and<br/>diced</i>             | <i>Splash rice wine vinegar</i>                   |
| <i>2 jalapeno chilies--seeded and<br/>finely diced</i>    |   |

In a large bowl, combine all ingredients. Cover & chill 1-2 hours

*To lose your wealth is much.  
To lose your health is more.  
To lose your soul is such a loss,  
that nothing can restore.  
The world is such a busy place  
There's so much hurry in it.  
Isn't it nice sometimes  
To pause for just a minute...*

## ***Zesty Fried Onions*** ***(tastes just like a Blooming Onion Blossom)***

Submitted by Colleen Nilson  
Wife of CPT Kerry Nilson

*onion coating:*

*1 egg*

*1 C. milk*

*1 C. flour*

*1 1/2 tsp. salt*

*1/2 tsp. or dash or cayenne  
pepper (depends on how spicy  
you like it)*

*1 tsp. paprika*

*1/2 tsp. black pepper*

*1/4 tsp. oregano*

*1/8 tsp. cumin*

*Blooming Onion type dipping  
sauce (this type of sauce can  
also be bought pre made at  
grocery stores):*

*1/2 C. Miracle Whip (can use  
light or fat free)*

*2 tsp. ketchup*

*2 T. cream style horseradish*

*1/4 tsp. paprika*

*1/4 tsp. salt*

*1/8 tsp. oregano*

*Dash of black pepper*

*Dash of cayenne pepper*

*Pinch of minced onion or onion*

Mix ingredients for dipping sauce and set aside in refrigerator, covered.

\* I always double or triple this whole recipe when making it for my family.

*Onion coating:*

Beat egg and mix with milk, set aside. In another bowl add flour, salt, peppers, paprika, oregano and cumin, gently mix. Slice onion into thin slices or rings or blooming onion style. Dip onion into milk/egg mixture with one hand and then dry ingredients with the other hand, then repeat (in milk mixture and dry ingred. mixture) so they are double coated. Carefully place onion in a pot or fryer with vegetable oil or canola oil, heated to 350°. Fry onions until they are as crispy as you like, the crispier the better, just don't burn them. Use a ladle with drainage holes to lift onion out of hot oil and drain onion on lots of paper towels. Dip onion into sauce, if desired. \*can also use this breading for frying other veggies and cooked meats, like chicken, etc.

The background of the entire page is a close-up, slightly blurred image of the American flag. The stars and stripes are visible, with the blue field containing white stars and the red and white stripes flowing across the frame. The text is centered over the white stripes.

# Soups & Salads

## **2 x 4 Soup**

Submitted by Wayne & Carol Hoiness  
Father & Step-mother of CPT David Hoiness

<i>2 lbs. Browned &amp; seasoned hamburger</i>	<i>2 cans Rotel tomatoes</i>
<i>2 cans Ranch style beans</i>	<i>2 cans Minestrone soup</i>
	<i>2 C. Water</i>

Combine all and Simmer.

## **Applesauce Salad**

Submitted by Jamie Kenny  
Wife of CPT Sean Kenny

<i>2 C. water</i>	<i>2 C. applesauce</i>
<i>1/2 C. cinnamon red hot candies</i>	
<i>1 (6 ounce) pkg. cherry flavored gelatin mix</i>	

Bring the water to a boil. Dissolve the cinnamon red hot candies in the boiling water. Mix in and dissolve the cherry flavored gelatin. Transfer to a medium bowl. Mix in the applesauce. Chill in the refrigerator 4 hours, or until firmly gelled.

## **Autumn Apple Salad**

Submitted In Honor of SPC Aaron Brudvig &  
SGT Barrett Brudvig

<i>4 tart green apples, cored and chopped</i>	<i>1/4 C. dried cranberries</i>
<i>1/4 C. blanched slivered almonds, toasted*</i>	<i>1/4 C. chopped dried cherries</i>
	<i>1-8 oz. carton vanilla yogurt</i>

In a medium bowl, combine chopped apples, toasted almonds, dried cranberries and dried cherries. Add vanilla yogurt and mix until fruit is evenly coated. Serve immediately. Makes 4 servings.

\*To toast, place slivered almonds on a baking sheet in 350° oven until light golden brown.

## **Bacon Potato Chowder**

Submitted by Erin Schlimgen  
Wife of SSG Nate Schlimgen

<i>10 slices Bacon</i>	<i>1/8 tsp black pepper</i>
<i>1 C. chopped onion</i>	<i>1 can (10 3/4 oz) cream of chicken soup</i>
<i>2 C. potatoes</i>	<i>1 C. sour cream</i>
<i>1 C. water</i>	<i>1 C. milk</i>
<i>1 tsp. salt</i>	<i>1/2 C. sliced celery, optional</i>

Cut Bacon in 1/2" pieces and brown in 3 qt sauce pan over medium heat. Add onions and continue cooking until tender, 2 - 3 minutes. Drain. Add potatoes, water, salt, and pepper. Continue cooking until potatoes are tender (about 15 - 20 minutes). Reduce heat to low; stir in soup, sour cream, and milk. Continue cooking until heated through. Season to taste.

## **Baked Potato Soup**

Submitted by Kristi Koll  
Wife of SSG Adam Koll

<i>4 lg. baking potatoes</i>	<i>1 medium onion, chopped</i>
<i>2/3 C. butter</i>	<i>12 slices bacon, cooked, crumbled and divided</i>
<i>2/3 C. all-purpose flour</i>	<i>1 1/4 C. shredded Cheddar cheese, divided</i>
<i>6 C. milk</i>	<i>8 oz. sour cream</i>
<i>1/2 tsp. salt</i>	
<i>1/2 tsp. pepper</i>	

- Wash potatoes and pierce several times with a fork. Bake at 400 degrees for 1 hour or until done. Let cool. Cut potatoes in half lengthwise, then scoop out pulp.

- Melt butter in saucepan over low heat. Add flour, stirring until smooth. Cook 1 minute, stirring constantly. Gradually add milk, cook over medium heat, stirring constantly, until mixture is thickened and bubbly.

- Add potato pulp, salt, pepper, onions, 1/2 C. bacon, and 1 C. cheese. Cook until thoroughly heated, stir in sour cream. Add extra milk, if necessary, for desired thickness. Serve with remaining bacon and cheese.

## **Campfire Stew**

Submitted by Neal Jacobson  
Brother-in-law of CPT Keith Voss

<i>1-1 1/2 lb. ground beef</i>	<i>3 medium to large red potatoes, cubed</i>
<i>1 pkg. onion soup mix</i>	
<i>1 medium yellow onion, coarsely chopped</i>	<i>1 small pkg baby carrots</i>
<i>1 can tomato soup</i>	<i>1 - 13.5 oz. can stewed tomatoes</i>

Preheat charcoal. While coals are preheating, prepare potatoes, onions, and carrots. When coals are hot: In a 12 inch dutch oven, brown the ground beef with the onion soup mix and chopped onion. Drain. Add soup, potatoes, carrots, and tomatoes. Cover and cook over the coals until the potatoes and carrots are tender. Note: If you want to try this with canned vegetables (such as corn or green beans), add them towards the end of cooking

## **Canadian Cheese Soup**

Submitted Al & Colleen Overby  
Parents PFC Kyle Overby

<i>1 1/2 C. shredded carrots</i>	<i>1 qt. water</i>
<i>1 1/2 C. thinly celery</i>	<i>5/8 C. flour</i>
<i>1/4 C. chopped, dried onion</i>	<i>1 1/4 qt. milk</i>

Add vegetables and soup base to water - Cook covered until tender (10 - 12 minutes). Blend flour and milk, add to vegetable mixture. Cook until thickened. about 15 minutes.

Add: 1 1/2 lb. shredded sharp natural cheddar cheese  
Stir until cheese melts



## **Candy Bar Salad**

**Submitted In Honor of SSG Troy Beisch**

- |   |  |
|---|--|
| <i>1 C. milk</i>                                | <i>2 Granny Smith apples, sliced</i>     |
| <i>1-3 oz. pkg. instant vanilla pudding mix</i> | <i>1 to 2 Snickers bars, sliced</i>      |
| <i>1-8 oz. tub whipped topping</i>              | <i>1 to 2 bananas, peeled and sliced</i> |

In a medium bowl, combine milk and instant vanilla pudding mix. Mix well, until pudding has hardened. Fold in whipped topping, apple slices, Snickers bars and sliced bananas. Serve immediately. Makes 8 servings.

## **Caramel Grape Salad**

**Submitted In Honor of SPC Joshua Lunzman &  
SPC Anthony Lunzman**

- |  |                               |
|--|-------------------------------|
| <i>1-8 oz. pkg. cream cheese, softened</i> | <i>1 tsp. vanilla</i>         |
| <i>1-8 oz. carton sour cream</i>           | <i>4 lbs. seedless grapes</i> |
| <i>1/2 C. sugar</i>                        | <i>2 T. brown sugar</i>       |
|  | <i>4 oz. chopped pecans</i>   |

In a large bowl, combine cream cheese, sour cream, sugar and vanilla. Add grapes and mix until evenly coated. Sprinkle brown sugar over mixture and fold in chopped pecans. Mix until evenly incorporated. Chill in refrigerator until ready to serve. Makes 8 servings.

## **Catalina Vegetable Salad**

**Submitted by Joann Stockland  
Mother of SSG Chad Stockland & SGT Dana Stockland**

- |  |   |
|--|---|
| <i>4 C. Sliced carrots</i>                               | <i>1 Bunch green onions</i>                     |
| <i>2 Stalks celery, diced</i>                            | <i>1 Green pepper, diced</i>                    |
| <i>1 Head cauliflower, cut up into bite-sized pieces</i> | <i>1 8-oz. Bottle low cal Catalina dressing</i> |
| <i>1 T. Sugar</i>  | <i>1 T. Vinegar</i>                             |

Cook carrots until about 1/2 done (about 10 minutes) Add to other cut up vegetables. Mix together Catalina dressing, vinegar, and sugar. Pour over vegetables and mix well. refrigerate for at least twelve hours before serving (gives the dressing mixture time to saturate the vegetables).

## **Cheese Soup**

Submitted by Brian & Tammy Chase  
In honor of Thomas Young

<i>4 T. Butter or margarine</i>	<i>1/2 soup can kraft's mayonnaise</i>
<i>10 oz. cream of chicken soup</i>	<i>8 oz. jar cheese whiz</i>
<i>10 oz. cream of celery soup</i>	<i>14 oz. can chicken broth</i>

Put butter, soups, mayo and cheese whiz in 1 1/2 quart saucepan, stirring constantly over medium heat, until smooth. Stir in broth and season to taste with salt and pepper. Stir occasionally until piping hot, but do not let it boil.

## **Cheeseburger Soup**

Submitted by Deb Thaelke  
Wife of 1SG Kent Thaelke

<i>1 lb. ground beef</i>	<i>4 C. peeled diced potatoes</i>
<i>3/4 C. chopped onions</i>	<i>1/4 C. flour</i>
<i>3/4 C. shredded carrots</i>	<i>8 oz. american cheese</i>
<i>3/4 C. diced celery</i>	<i>1 1/2 C. milk</i>
<i>1 tsp. dried basil</i>	<i>3/4 tsp. salt</i>
<i>1/4 tsp. parsley flakes</i>	<i>1/4 tsp. pepper</i>
<i>4 T. butter, divided</i>	<i>1/2 C. sour cream</i>
<i>3 C. chicken broth</i>	

Brown beef. Sauté onions, carrots, celery, basil, and pepper in one tablespoon of butter until tender.

Add broth, potatoes, and beef, bring to a boil. Reduce heat, cover and simmer 10 - 12 minutes or until potatoes are tender. In a small skillet melt remaining butter and add flour. Cook and stir 3 - 5 minutes until bubbly, add to soup, bring to a boil cook and stir 2 minutes. Reduce heat to low. Add cheese, milk, salt, and pepper. Cook and stir until cheese melts. Remove from heat and add sour cream.

## **Cherry Salad**

**Submitted by Sandy Schlechter  
Mom of SPC Rodney Schlechter**

<i>1 can Cherry pie filling</i>	<i>1 - 8 oz. Container cool whip</i>
<i>1 can Crushed pineapple</i>	<i>1 can Condensed milk</i>

Drain the pineapple. While pineapple is draining mix the rest of ingredients in a bowl and then add pineapple to mixture. Refrigerate for one hour and then serve.

## **Chicken Noodle Soup**

**Submitted by Sharon Brockhaus  
Mother of SPC Lucas Brockhaus**

<i>4 - 14 1/2 cans of reduced sodium chicken broth</i>	<i>2 medium stalks of chopped celery</i>
<i>2 C. cut-up cooked chicken</i>	<i>2 medium sliced carrots</i>
<i>1 C. frozen green peas</i>	<i>1 medium chopped onion</i>
<i>1 T. chopped fresh parley or 1 tsp. parsley flakes</i>	<i>2 cloves of finely chopped garlic</i>
<i>1/4 tsp. pepper</i>	<i>1 C. uncooked wide egg noodles (2 oz.)</i>

Heat all ingredients except the egg noodles to boiling in a 3 qt. saucepan.

Stir in noodles and heat to boiling, reduce heat.

Simmer uncovered 10 to 15 minutes, stirring occasionally until vegetables and noodles are tender.

*Kindness is becoming at any age.*

## **Chicken Noodle Soup**

**Submitted In Honor of CW2 Robert Steadman**

<i>5 to 6 lbs. whole chicken breasts or wings</i>	<i>4 stalks celery, sliced</i>
<i>4 to 5 chicken bouillon cubes</i>	<i>4 to 5 tsp. fresh chopped parsley</i>
<i>1-14 1/2 oz. can chopped tomatoes, drained, divided</i>	<i>1 bunch celery tops, chopped</i>
<i>3 large onions, chopped</i>	<i>Salt and pepper to taste</i>
<i>4 large carrots, chopped</i>	<i>2 tsp. minced garlic</i>
	<i>Noodles</i>

In a large pot, boil chicken breasts or wings in enough water to cover chicken. Add chicken bouillon cubes and half of the drained tomatoes. Cook chicken until very tender, remove from water and drain. Let chicken cool and remove skin and bones. Add chopped onions, chopped carrots, sliced celery, fresh chopped parsley, chopped celery tops and remaining half can of drained tomatoes to pot. Cook vegetables in chicken broth over medium heat. Add cleaned chicken, salt and pepper. Prepare desired amount of noodles by cooking in a separate pan of boiling water. Ladle soup into bowl and add cooked noodles just before serving. Light-colored chicken will make better soup, as will fresh chicken, instead of chicken that has been previously frozen. Makes 8 servings.

*The person who never makes a mistake  
must get tired of doing nothing.*

## **Chicken Tortilla Soup**

Submitted by Sara Wellnitz  
Fiancé of SGT Greg Schut

<i>1 can of chicken broth</i>	<i>Shredded Cheese</i>
<i>1 can of enchilada sauce</i>	<i>Tortilla Chips</i>
<i>1 can of Fiesta Nacho Cheese Soup</i>	<i>Sour Cream</i>
<i>1 can of corn</i>	
<i>1 can of evaporated milk</i>	
<i>3 cans of chicken or chicken breasts... I put in a lot of chicken because we love chicken just add to your liking!!</i>	

Stir together all cans on medium heat. Remember to drain the corn. If you are using chicken breasts cook/cut up before adding to soup. Let each person add their own cheese, tortilla chips, and sour cream.

## **Chicken Tortilla Soup**

Submitted by Shirley Deatherage  
Wife of SGT Thomas C. Deatherage

<i>1 lb. Chicken</i>	<i>1 can Corn</i>
<i>2 can Chicken Broth</i>	<i>1 C. salsa</i>
<i>1/2 C. Uncooked rice</i>	<i>1 tsp. Cilantro</i>
<i>1 tsp. Cumin</i>	<i>2 tsp. Lime juice</i>

Heat to boil, then cover & simmer for 20 minutes.

## **Chicken Tortilla Soup**

Submitted by Joann Stockland  
Mother of SSG Chad Stockland & SGT Dana Stockland.

<i>1 can Tomato soup</i>	<i>1 can Chicken broth</i>
<i>2 cans Campbell's fiesta cheese soup</i>	<i>1 small can (4 oz.) Chicken breast</i>

Mix well: 1 Can tomato soup, 2 cans Campbell's fiesta cheese soup.

Gradually stir in : 1 Can Chicken broth

Add: 1 Sm Can (4 oz.) Chicken breast

Heat on low to medium heat, stirring frequently

Garnish with: shredded cheese, tortilla chips

(I have doubled this and put it in a crock pot to serve at parties)

## **Chili**

Submitted by Jennifer Koehler  
Wife of MAJ Timothy P. Koehler

<i>1 lb ground beef</i>	<i>1 packet hot chili seasoning</i>
<i>1 lb hot Italian sausage</i>	<i>1 64 oz spicy V-8 Juice</i>
<i>1 C. of chopped onion</i>	<i>Frito Chips</i>
<i>1 chopped green pepper</i>	<i>Sour Cream</i>
<i>2 cans dark red kidney beans</i>	<i>Shredded Cheddar Cheese</i>
<i>2 cans chili beans</i>	

Brown beef and sausage with onion and pepper. Combine in stew pot with beans, seasoning, and V-8 Juice. Bring to a boil. Reduce heat. Let simmer until ready to eat, the longer the better! To serve: Pour Frito chips in bottom of soup bowl, add chili. Top with a dollop of sour cream and sprinkle with cheddar cheese

## **Chinese Salad**

**Submitted by Lindsay Paulson  
Wife of SPC Cody Paulson**

<i>1/2 C. oleo</i>	<i>Sauce:</i>
<i>2 pkgs. oriental flavor Ramen noodles</i>	<i>1/3 C. sugar</i>
<i>1 pkg. slivered almonds</i>	<i>1/2 C. oil</i>
<i>1 head lettuce</i>	<i>2 tsp. soy sauce</i>
	<i>1/4 C. vinegar</i>

Melt oleo in fry pan, add almonds and broken up ramen noodles. Toast until light golden brown. Sprinkle oriental seasoning over mixture, stir and let cool. Chop lettuce and mix together with seasoned noodles. Mix together remaining ingredients and just before serving mix all together and serve.

## **Cookie Salad**

**Submitted by Linda & Mike Paulson  
Parents of SPC Cody Paulson**

<i>1 large pkg. vanilla instant pudding</i>	<i>12 oz. Cool Whip</i>
<i>2 C. Buttermilk</i>	<i>1 pkg. crushed fudge stripe cookies</i>

Mix pudding, buttermilk and cool whip.  
Add crushed fudge stripe cookies and Chill.

## **Cookie Salad**

**Submitted by Billie and JJ Chanku  
Wife and Son of PFC Justin Chanku**

<i>2 (3.4 oz) pkgs. of instant vanilla pudding</i>	<i>2 - 11 oz. cans of drained mandarin oranges</i>
<i>1 pt. of butter milk</i>	<i>1 pkg. of fudge striped cookies</i>
<i>1 16 oz whipped topping, thawed</i>	

mix pudding, buttermilk, and whipped topping, refrigerate until ready to serve, then add oranges and crushed fudge striped cookies.

## **Cookie Salad**

Submitted by Robin Schlechter  
Sister of SPC Rodney Schlechter

1 - 6 oz. Vanilla Pudding  
3 C. Milk

1 8 oz. Cool whip  
1/2 pkg. Fudge strip cookies

Mix the pudding and milk together add cool whip, refrigerate for 1 hour. Before serving add cookies, broken into pieces.

## **Cream of Broccoli Soup**

Submitted by Joan Schild  
Wife of SFC Brooks Schild

3 C. water  
1 pound chopped broccoli  
3 chicken bouillon cubes  
2 med onions (optional)  
Boil ingredients together until  
vegetables are done

1/4 lb. margarine  
2 C. milk  
4-5 T. flour  
1/2 tsp. salt  
8 oz. cream cheese

Make a white sauce by melting the margarine and adding the flour to make a thick paste. Add salt and milk and stir until smooth. Melt in cream cheese. Combine white sauce and broccoli mixture.

## **Creamed Cukes**

Submitted by Joe & Jan Schlimgen  
Parents of SSG Nathan Schlimgen

1 onion cut into small chunks  
3 cucumbers seeded and cut  
into chunks  
1/2 C. sour low fat cream

1/2 C. mayo  
1/4 C. vinegar  
1 T. heaping sugar  
Salt /pepper to taste

Stir and chill about one hour before serving



## **Deb's Chicken Salad**

Submitted by Deb Thaelke  
Wife of 1SG Kent Thaelke

<i>1 - 12 oz. can chicken, well drained</i>	<i>Salt &amp; pepper to taste</i>
<i>2 stalks celery, chopped</i>	<i>Enough miracle whip to moisten</i>
<i>2 shredded carrots</i>	<i>French fried potato sticks</i>

Mix all together, except for the french fried potato sticks. Refrigerate.  
When ready to serve, stir in French fried potato sticks.  
Makes approximately 4 servings.

## **Easy Chili**

Submitted by Colleen Nilson  
Wife of CPT Kerry Nilson

<i>1-2 lbs. browned hamburger</i>	<i>1-2 cans well drained black beans (opt)</i>
<i>1 chopped onion (opt)</i>	<i>1-2+ T. chili powder (season to taste)</i>
<i>1-2 cans chopped or stewed tomatoes</i>	<i>*can add chopped bell pepper, if desired</i>
<i>2-4 cans well drained red kidney beans</i>	
<i>1-2 cans chili beans, like Mrs Grimes (do not drain)</i>	

Add all ingredients together and heat over med until heated through and beans are tender, about 30 minutes to an hour.

## **Enchilada Soup**

Sumbitted in Honor of SFC Kristi Palmer

<i>1 can cream of chicken soup</i>	<i>1 can chicken meat - drain</i>
<i>1 can nacho cheese or cheddar cheese soup</i>	<i>2 2/3 C milk</i>
<i>1 can old El Paso red enchilada sauce</i>	

Warm.  
Can add tortilla chips or sour cream.

## **Fluffy Pink Salad**

**Submitted by Jenn Walker  
Wife of WO1 Wesley Walker**

*1 can strawberry pie filling                      2-3 bananas, sliced*  
*1 can sweetened condensed milk        1 big tub of Cool Whip*  
*1 can crushed pineapple, drained*

Mix pineapple and pie filling. Add condensed milk, and Cool Whip.  
Add bananas right before serving

## **Glazed Fruit Salad**

**Submitted by Cindy Reinbold  
Mother of SPC Justin Reinbold**

*1 20 oz. can pineapple chunks              7-8 sliced bananas*  
*1 can chunky fruit                              1 can apricot pie filling*  
*2 cans mandarin oranges                    2 T. lemon juice*

Drain fruits thoroughly. Mix together and chill several hours.

## **Grandma's Fruit Salad**

**Submitted by Brooke Powell  
Wife of SPC Wade Powell and  
Sister of SPC Bryce Pageler**

*2 1/2 C. water                                      1 small box strawberry jello*  
*1 small box cook and serve                  Fruit*  
*vanilla pudding*

Heat 2 1/2 C water to boiling and mix in 1 sm box vanilla pudding  
(cook & serve) and 1 sm box strawberry jello.  
Let cool and add fruit. Suggestions: grapes, pineapple, mandarin  
oranges, bananas, apples, strawberries, cherries.

## **Grape Salad**

Submitted by JaKelle Hardy  
Wife of 1Lt Chad Hardy

<i>Dressing:</i>	<i>8 oz. cool whip</i>
<i>8 oz. cream cheese</i>	<i>10 oz Slivered almonds</i>
<i>1 C. sour cream</i>	<i>2 bunches red seedless grapes</i>
<i>3/4 - 1 C. brown sugar</i>	

Put slivered almonds into oven brown 5-10 mins at 350°. Mix all ingredients together and cool in fridge.

## **Grape Salad**

Submitted by Beth Gray  
Mother of PV2 Zaide Gray

<i>8 oz. cream cheese</i>	<i>1 large carton cool whip</i>
<i>1/4 C. brown sugar</i>	<i>Grapes (may mix red and green)</i>
<i>1 C. sour cream</i>	<i>Slivered almonds</i>

Mix cream cheese and brown sugar.  
Add sour cream and mix well.  
Add cool whip then grapes.  
Toast slivered almonds under broiler until brown and add.  
Refrigerate at least one hour before serving.

## **Grape Salad**

Submitted by Ronda Steiner  
Mother of SPC Brandon Steiner

<i>1 C. sour cream</i>	<i>8 oz. cool whip</i>
<i>1 block cream cheese</i>	<i>1/2 C. slivered almonds</i>
<i>3/4 C. brown sugar</i>	<i>2 bushels red grapes</i>

Blend the sour cream, cream cheese and brown sugar together. Add cool whip, almonds and red grapes.

## **Hunter's Salad**

Submitted by Deb Thaelke  
Wife of ISG Kent Thaelke

<i>2 C. frozen peas</i>	<i>1 C. diced cheese</i>
<i>2 hard boiled eggs</i>	<i>1/2 tsp. salt</i>
<i>1 C. chopped celery</i>	<i>1/4 tsp. pepper</i>
<i>1 T. onion</i>	<i>1/4 tsp. garlic salt</i>

Combine all ingredients and add mayonnaise to moisten.

## **Italian Rotini Salad**

Submitted by Ronda Steiner  
Mother of SPC Brandon Steiner

<i>1 pkg. spinach rotini</i>	<i>1 can black olives</i>
<i>1 pkg. pepperoni</i>	<i>1 tomato, diced</i>
<i>1 pkg. frozen broccoli or 1 bunch fresh</i>	<i>1 pkg shredded mozzarella cheese</i>
<i>1 pkg. frozen cauliflower or 1 fresh head</i>	<i>1 bottle Italian salad dressing</i>

Boil rotini according to the package directions. Rinse in cold water and drain. Chop pepperoni & vegetables, add to rotini. Stir in half package of mozzarella cheese and bottle of salad dressing. Sprinkle remaining cheese on top before serving.

Note: You can add any vegetables you prefer, such as carrots, cucumbers, etc. I have also but in crab meat in place of the pepperoni ~ use your imagination. It never has to be the same twice!

*I am an idealist, I don't know where I'm going,  
but I'm on my way.*

## **Kansas City Soup**

**Submitted by Jane and Ann  
Sisters of ILT John Hilton**

<i>1 stick oleo or butter</i>	<i>1 C. carrots</i>
<i>1 C. flour</i>	<i>1 C. celery</i>
<i>1/2 gallon water</i>	<i>1 C. potatoes</i>
<i>1 lb. hamburger</i>	<i>1 16 oz. can chopped tomatoes</i>
<i>2 C. frozen mixed vegetables</i>	<i>2 T. beef concentrate granules</i>
<i>1 C. onion</i>	<i>1 1/2 tsp. kitchen bouquet</i>

In a large soup pot melt one stick of oleo or butter and whip in one cup of flour to make a smooth paste. Stir in 1/2 gallon (2 quarts) of water. Brown 1 lb. hamburger and add to soup. Add 2 cups frozen mixed vegetables

Add 1 cup each: onion, carrot, celery, potatoes. Add can of chopped tomatoes, 2 T. of beef concentrate granules, and kitchen bouquet. Bring to a boil. Cover and cook until vegetables are done, about 1 1/2 to 2 hours. May be made ahead. Freezes well.

*Shake and shake  
The catsup bottle.  
None will come  
And then a lott'!!*

## **Kneopfla Soup**

Submitted by Sandy Schlechter  
Mother of SPC Rodney Schlechter

### *Dough:*

*2 C. Flour*

*2 Eggs*

*1/4 tsp. Baking Powder*

*1/4 tsp. salt*

*1/4 C. Water*

### *Broth:*

*1/2 gal. milk*

*16 oz. Cream*

*Onion*

*6 Bay leaves*

*1/3 C. Chicken Base*

*2 C. Water*

In a bowl, mix the dough ingredients (four, eggs, baking powder, salt & water) together into a soft ball using your hands, if the dough is too tough add water or if the dough is too sticky add flour.

Cut the dough into small pieces and drop into a 4 quart kettle of salt water. Cook until boiling.

While the dough is waiting to boil, mix the broth ingredients (milk, cream, onion, bay leaves, chicken base & water) in large soup kettle. Once the dough boils for 3 minutes, drain and add to broth mixture. Cook on low for 30 minutes sample broth. You may need to add more chicken base to flavor you desire.

## **Low Fat Grape Salad**

Submitted by Wayne & Carol Hoines  
Father & Step-mother of CPT David Hoines.

*1 - 8 oz. Fat free cream cheese*

*1 - 8 oz. Fat free sour cream*

*1 C. Splenda*

*1/2 tsp. Almond extract*

*4 lbs. Seedless grapes (red or green or mixed)*

## **Low-fat Chicken Tortilla Soup**

Submitted by JoAnn Linn  
Wife of MAJ Jim Linn

<i>1 can mild enchilada sauce</i>	<i>1 can fiesta nacho cheese</i>
<i>1 can fat free cream of chicken soup</i>	<i>1 can cooked chicken</i>
	<i>2 cups skim milk</i>

Put all in crock pot and cook on low for 3-4 hours and serve with sprinkles of low-fat shredded cheddar cheese and a handful of crushed corn chips.

## **Mandarin Orange Salad**

Submitted by Angie Johnson  
Wife of SSG Philip Johnson

<i>16 oz. Cool Whip</i>	<i>24 oz. Cottage Cheese</i>
<i>1 can (12 oz) Mandarin Oranges, drained</i>	<i>1 Large box of Orange Jello</i>

Mix dry jello and cottage cheese. Stir in cool whip and oranges. To decorate: Put full slices on the top in the shape of a circle to add a little style. Enjoy!!

*Keep your ideals high enough to inspire you  
and low enough to encourage you.*

## **Mushroom Soup**

**Submitted In Honor of SPC John Peters**

<i>1 1/2 lbs. white mushrooms</i>	<i>1/2 tsp. salt</i>
<i>1/2 C. chopped onions</i>	<i>1/2 tsp. ground pepper</i>
<i>1/4 C. butter</i>	<i>1/2 tsp dried oregano</i>
<i>2 T. beef broth</i>	<i>1/4 C. butter</i>
<i>4 C. half-and-half, light cream or whole milk</i>	<i>1/4 C. flour</i>

Step 1: rinse mushrooms; pat dry with paper towels. remove stems; discard. Slice mushroom caps (approximately 8 cups); set aside.

Step 2: in a large saucepan cook the onion in 1/4 cup hot butter until tender, about 5 minutes.

Step 3: stir in mushrooms and broth, cooking and stirring for 3 minutes more.

Step 4: stir in half-and-half, salt, pepper and oregano. Bring mixture just to boiling, reduce heat. simmer, uncovered, for 8 to 10 minutes or until mushrooms are tender.

Step 5: meanwhile, in a saucepan melt 1/4 cup butter over medium heat. Stir in flour. cook and stir until smooth and bubbly.

Step 6; stir into mushroom mixture. cook and stir until mixture is slightly thickened and bubbly. Cook and stir 2 minutes more.

*It is easy to be pleasant when life flows by like a song.  
But the man worthwhile is one who will smile,  
when everything goes all wrong.  
For the test of the heart is trouble,  
and it always comes with the years,  
And the smile that is worth the praises of earth,  
Is the smile that shines through the tears.*



## **My Easy Chicken Salad Spread**

Submitted by Colleen Nilson

Wife of CPT Kerry Nilson

*3 lbs boneless, skinless frozen  
chicken breasts*

*Miracle Whip, add until moist,  
can use the light or no fat  
version, if desired*

*sweet pickle relish, to taste*

*Salt and pepper to taste (I go  
light on the salt and heavy on  
the pepper)*

*Dash of onion powder and  
garlic, optional*

*Minced onion or green onions,  
optional*

Bake 3 lbs of frozen skinless, boneless chicken breasts, cover top with foil, in 300° oven for 2-3 hours, until cooked. When cooked, cool and cut into small bite sized pieces. Put cooked chicken pieces in a large bowl and add Miracle Whip until moist. Add some sweet pickle relish and salt and pepper to taste. Can add a dash of garlic, onion powder and/or minced onion or chopped green onion, if desired. Makes a lot, but will go far with a party or during the holidays. Great on all types of crackers and can be used on a lettuce/mixed greens salad or between 2 pieces of bread for a sandwich.

## **Napa Cabbage Salad**

Submitted by Rita Tomes

Mother -in- law of SFC Jay Roberts

*1 lg. napa or chinese cabbage*

*3 green onions chopped*

*1 stick parkay or butter melted*

*2 pkgs. ramen noodles*

*3 oz. package slivered almonds*

*Dressing*

*1 C. oil*

*1/2 C. sugar*

*2 T. soy sauce*

*1/2 C. vinegar*

Add butter, noodles and almonds to small pan and brown on stove. Mix together. Add noodles and dressing about 1/2 hour before serving.

## **Nutty Broccoli Slaw**

**Submitted by Tracy Gohn  
Wife of SSG Jon Gohn**

- |  |   |
|--|---|
| <i>1 pkg (3 oz) Chicken flavor<br/>ramen noodles</i> | <i>1 C. Sunflower nuts, toasted</i>     |
| <i>1 pkg (16 oz) Broccoli slaw mix</i>               | <i>1/2 C. Slivered almonds, toasted</i> |
| <i>1 bunch Green onions, sliced</i>                  | <i>1/2 C. Cider vinegar</i>             |
| <i>1 1/2 C. Broccoli florets</i>                     | <i>1/2 C. Olive oil</i>                 |
| <i>1 can Black olives, drained and<br/>halved</i>    | <i>1/4 C. Sugar</i>                     |

Crush the ramen noodles and toast in the oven. Toast almonds and sunflower nuts. Combine the sugar, vinegar, oil and the seasoning packet from the ramen noodles in a jar with a tight fitting lid. Shake well. Combine salad ingredients in a large bowl and drizzle with the dressing mixture. Toss and serve immediately.

## **Oreo Cookie Salad**

**Submitted by Jan Johnson  
Mother of SGT Brian Voight**

- |   |                  |
|---|------------------|
| <i>2 boxes french vanilla pudding<br/>(instant)</i> | <i>3 C. milk</i> |
|---|------------------|

Mix together with mixer until thick.  
Then add 12 oz. cool whip  
1 small pkg Oreo cookies crushed  
Mix all together. This is better if it sets overnight.

## **Oreo Cookie Salad**

**Submitted by Carmen Mueller  
Mother of PFC Josiah Mueller**

- |  |  |
|--|--|
| <i>2 sm. boxes vanilla instant<br/>pudding</i> | <i>16 oz. Cool Whip</i>                          |
| <i>2 C. milk</i>                               | <i>21 Double Stuff Oreo Cookies,<br/>crushed</i> |

Combine pudding and milk with wire whisk. Stir in Cool Whip. Add crushed Oreo cookies. Mix well. Refrigerate until serving. Save 1/4 cup crushed cookies to sprinkle on top just before serving.

## **Oriental Coleslaw**

**Submitted by Kristi Koll  
Wife of SSG Adam Koll**

<i>Dressing:</i>	<i>1/2 stick of butter</i>
<i>1 C. oil</i>	<i>2 pkgs. Ramen noodles without seasoning</i>
<i>2 tsp. soy sauce</i>	<i>1 C. slivered or sliced almonds</i>
<i>3/4 C. sugar</i>	<i>2 bags of coleslaw mix</i>
<i>1/2 C. white vinegar</i>	<i>5 green onions, chopped with tops</i>
<i>1 pkg. Oriental Ramen noodle seasoning</i>	

- Prepare dressing of oil, soy sauce, sugar, vinegar, and Ramen seasoning.
- Break up packages of Ramen noodles and sauté with the almonds in butter. Keep stirring until mostly brown. Cool and place in a sealed bag or jar until ready to serve.
- When ready to serve, toss coleslaw mix, onions, noodles, and dressing. Add the noodles and almonds only before serving as they will get softer as they sit.

## **Pam's Lettuce Salad**

**Submitted by Geraldine Kriz  
In Honor of SSG Jeffrey Koeppel**

<i>1 head of lettuce (broken in pieces)</i>	<i>1 C. mayonaise</i>
<i>1 apple (peeled and sliced)</i>	<i>1/4 C. sugar</i>
<i>1 banana (peeled and sliced)</i>	<i>1 tsp. vanilla</i>
	<i>3/4 C milk</i>

Make just before your ready to eat,  
Mix ingridents together and pour over the lettuce, apple and banana.  
Stir. Very good and easy

## **Pasta Jello Salad**

Submitted by JoAnn Linn  
Wife of MAJ Jim Linn

- |  |                                  |
|--|----------------------------------|
| <i>1 - 3 oz. box vanilla pudding<br/>(NOT instant)</i> | <i>1 - 8 oz. whipped topping</i> |
| <i>1 - 3 oz. box strawberry jello</i>                  | <i>Fresh strawberries</i>        |

Cook pudding & jello with 2 1/2 cups water, stirring until mixture comes to a full boil and is thick and clear. Cool and add the whipped topping. Top it off with sliced fresh strawberries.

## **Poppy Seed Fruit Salad**

Submitted by Pearl Munneke  
Grandmother of CPT Damien Fisher

- |  |                                |
|--|--------------------------------|
| <i>1 - 8 oz. pineapple tidbits</i>               | <i>1 apple cut up</i>          |
| <i>1 - 11 oz. mandarin oranges<br/>(drained)</i> | <i>1/2 C. pineapple yogurt</i> |
| <i>1 1/2 C. strawberries (cut in<br/>half)</i>   | <i>1 T. pineapple juice</i>    |

Drain and save the pineapple juice from tidbits.  
Whisk yogurt, poppy seed and pineapple juice.  
Pour over fruits and mix.  
(You can substitute grapes for strawberries)

## **Potato Salad**

Submitted by Jan Johnson  
Mother of SGT Brian Voight

- |                                 |                     |
|---------------------------------|---------------------|
| <i>3/4 qt. jar miracle whip</i> | <i>1 T. mustard</i> |
| <i>3/4 C. sugar</i>             | <i>1 T. vinegar</i> |

Mix together and add to 5 pounds potato's cooked and cut up  
1 1/2 dozen eggs hard boiled and cut up  
One onion chopped.

## **Potato Salad**

Submitted by Gloria Thornberry  
Step-mom to PVT Eric Thornberry

<i>2 1/2 lbs. white potatoes</i>	<i>Sauce</i>
<i>8 eggs - boiled</i>	<i>1/2 jar salad dressing</i>
<i>1 small onion diced</i>	<i>1/3 cup mustard</i>
<i>3 stalks celery - diced</i>	<i>Milk till smooth and creamy</i>
	<i>1/4 cup sugar</i>

Peel potatoes, cut in quarter and slice to bite size pieces - put them in a pot of water. Boil till poked with a fork and are tender. Drain, rinse with cold water - allow to cool. Boil eggs, dice onion and celery. In a separate bowl mix the sauce. When potatoes are cool, put in a bowl, add onion, celery, peeled and diced boiled eggs - pour sauce over it and mix well. Refrigerate.

## **Potato Soup**

Submitted by JoAnn Linn  
Wife of MAJ Jim Linn

<i>3 C. chopped potatoes</i>	<i>1 T. parsley flakes</i>
<i>1/4 C. chopped onions</i>	<i>1 chicken bouillon cube</i>
<i>1/2 C. celery-sliced</i>	<i>1 C. water</i>
<i>1 1/2 C. milk</i>	<i>2 T. flour</i>
<i>1/2 C. carrot slices</i>	<i>Salt &amp; pepper</i>
<i>1/2 lb. velveeta</i>	

Combine potatoes, celery, carrots, onion, parsley, onions, seasoning & bouillon cubes with water. Simmer and cover 15-20 minutes. Add milk and flour mix (use a shaker) to veggies. Still until well blended and thickened. Add cheese and stir until melted. Keep on low to prevent bottom from burning.

## **Potato Soup**

Submitted by Linda George  
In Honor of all Soldiers & Families

<i>8 slices bacon or 2 C. Ham</i>	<i>1 C. sour cream</i>
<i>4 to 5 potatoes, cut up</i>	<i>2 C. milk</i>
<i>1/4 C. onion</i>	<i>1 can cream of chicken soup</i>
<i>2/3 C. celery, cut up</i>	<i>1 T. chicken flavor (Wylers granules)</i>
<i>2/3 C. carrots, cut up</i>	<i>Salt &amp; pepper, to taste</i>
<i>1 C. water</i>	

Fry bacon until crisp. Cook potatoes, carrots, celery and onion with 1 cup water until tender. Then add sour cream and chicken soup. Add bacon or ham. Then add milk and your seasonings. Mix together in slow-cooker or let simmer on stove.

## **Spaghetti Salad**

Submitted by Pearl Munneka  
Grandmother of CPT Damien Fisher

<i>1 lb. spaghetti</i>	<i>Dressing:</i>
<i>1 large tomato</i>	<i>1 - 16 oz. bottle italian creamy dressing</i>
<i>1 C. celery</i>	<i>3/4 C. sugar</i>
<i>1 C. grated cheese</i>	<i>2 tsp. mustard</i>
<i>Green pepper (cut up)</i>	<i>4 T. salad supreme seasoning</i>
<i>Cucumber (diced)</i>	<i>salt</i>
<i>Sliced black olives</i>	<i>pepper</i>

Break spaghetti into pieces and cook.  
Combine spaghetti, tomato, celery, green pepper, cucumber and black olives together.  
Mix dressing (dressing, sugar, mustard, seasoning, salt and pepper) into salad and marinate over night or for several hours.  
Add cheese before serving.

## **Spicy Tomato Cheese Soup**

**Submitted In Honor of SSG Wade Heilman**

<i>1 can tomato soup</i>	<i>2 tsp. hot pepper sauce</i>
<i>1 can cheddar cheese soup</i>	<i>1 tsp dried basil</i>
<i>3 C. spicy tomato juice</i>	

Combine all ingredients in a medium saucepan. Heat thoroughly, over medium heat, stirring occasionally.

Serve in mugs with the GRILLED CHEESE DIPPERS in the main dishes & meats section.

## **Strawberry Salad**

**Submitted In Honor of SPC Anthony Marcucci**

<i>1-6 oz. pkg. strawberry gelatin mix</i>	<i>2 bananas, peeled and mashed</i>
<i>1 1/3 C. boiling water</i>	<i>1/2 C. crushed pecans</i>
<i>1 env. plain gelatin</i>	<i>1-8 oz. can crushed pineapple, drained</i>
<i>1 pint frozen strawberries, thawed</i>	

In a medium bowl, combine strawberry gelatin mix and boiling water. Stir until gelatin is completely dissolved. Add plain gelatin and stir again until completely dissolved. Add thawed strawberries, mashed bananas, crushed pecans and drained pineapple. Place mixture in a serving bowl or gelatin mold and chill in refrigerator until hardened. Makes 8 servings.

*The phrase, "working mother" is redundant!*

## **Taco Salad**

**Submitted by Traci Jensen  
Wife of SGT Kurt Jensen**

<i>1 lb. ground beef</i>	<i>1 green pepper diced</i>
<i>1 pkg. taco seasoning</i>	<i>1 C. diced onion</i>
<i>1 head of lettuce</i>	<i>1 bag Doritos chips</i>
<i>1 bag shredded cheddar cheese</i>	<i>Dressing:</i>
<i>1 can kidney beans</i>	<i>1 part salsa</i>
<i>1 can black beans</i>	<i>1 part french dressing</i>
<i>1 can sliced black olives</i>	<i>1 part thousand island dressing</i>

Brown hamburger and drain. Add drained kidney beans and black beans to the browned hamburger. Add taco seasoning and prepare according to package. Refrigerate until cool. Once the meat mixture has cooled combine all ingredients and top with dressing mixture to taste.

## **Taco Soup**

**Submitted by Jan Brandlee  
Mother of SSG Evan Brandlee**

<i>1 lb. ground beef or turkey, browned &amp; drained</i>	<i>1 10.75 oz. can tomato soup</i>
<i>1 medium onion, diced</i>	<i>1 16 oz. can whole kernel corn</i>
<i>1 16 oz. can black beans</i>	<i>(Don't drain any of the above canned items.)</i>
<i>1 16 oz. can pinto beans</i>	<i>1 pkg. dry ranch dressing</i>
<i>1 10 oz. can mild rotel tomatoes</i>	<i>1 pkg. dry taco mix</i>

Combine all ingredients in a crock pot. Cook for 4 hours on low & serve.

Enjoy with tostitos chips & shredded cheese etc.



## **Taco Soup**

**Submitted by Crystal Steffen  
Wife of SGT Craig Steffen**

<i>1-2 lbs. ground beef</i>	<i>1 can chili without beans</i>
<i>1 onion chopped</i>	<i>1 can stewed tomatoes</i>
<i>Salt</i>	<i>1 can Ro-tel tomatoes</i>
<i>Pepper</i>	<i>1 lb. Velveeta cheese, cubed</i>
<i>1-2 cans kidney beans, drained</i>	<i>1 16 oz. container sour cream</i>

Brown and drain the first 4 ingredients. Then add the remaining and cook until cheese is melted. Serve over corn chips

## **Taco Soup**

**Submitted by LouAnn Tyler  
Wife to SSG Nick Tyler**

<i>1 lb of lean ground hamburger or ground turkey</i>	<i>1 can Rotel</i>
<i>1 large onion, chopped</i>	<i>1 can diced tomato</i>
<i>1 pkg. of taco seasoning</i>	<i>3 cans of beans (I use a combination of black beans and pinto beans)</i>
<i>1 pkg. of Hidden Valley Ranch dressing mix</i>	<i>1 can chicken broth</i>
<i>1 can whole kernel corn</i>	

Brown meat and onion. Drain; add taco seasoning and dressing mix to meat; mix well. Add all other ingredients and simmer for 1 hour.

## **Tuna Macaroni Salad**

**Submitted by Gloria Thornberry  
Step-Mom to PVT Eric Thornberry**

<i>2 C. uncooked macaroni</i>	<i>1 C. frozen peas</i>
<i>2 C. salad dressing</i>	<i>3 boiled eggs, chopped (optional)</i>
<i>2 C. Western dressing</i>	
<i>1 can tuna, drained</i>	

Cook macaroni according to package directions, drain and cool. (I run under cold water) Mix in a bowl; salad dressing, western dressing, and tuna. Add macaroni, peas, and eggs. Stir well and refrigerate.

## **Tuna Macaroni Salad**

Submitted by Gloria Thornberry  
Step-mom to PVT Eric Thornberry

- |  |   |
|--|---|
| <i>2 C. uncooked macaroni</i>                          | <i>1 can tuna - drained</i>               |
| <i>2 C. salad dressing (Miracle Whip or Spinblend)</i> | <i>1 C. frozen peas - unthawed</i>        |
| <i>2 C. Western dressing</i>                           | <i>3 boiled eggs (optional - chopped)</i> |

Cook macaroni according to package directions. Drain and run cool water over it to cool. Mix in a bowl salad dressing, western dressing and tuna. Add macaroni peas and eggs. Stir well and refrigerate.

## **White Chicken Chili**

Submitted by Teresa Arbach  
Significant other of SSG William Andrews

- |  |   |
|--|---|
| <i>3 lb. jar pre-cooked Great Northern white beans</i>     | <i>Jalapeno pepper or two, diced (optional)</i>         |
| <i>2 lbs. boneless chicken breasts, cooked &amp; diced</i> | <i>2 tsp. ground cumin</i>                              |
| <i>1 T. olive oil</i>                                      | <i>1 1/2 tsp. oregano</i>                               |
| <i>2 medium onions, chopped</i>                            | <i>1/4 tsp cayenne pepper</i>                           |
| <i>2 garlic cloves, minced</i>                             | <i>1/2 tsp. salt</i>                                    |
| <i>2- 4 oz cans chopped mild green chilies</i>             | <i>6 C. chicken broth or stock</i>                      |
|  | <i>3 C. grated monterey jack cheese (about 12 ozs.)</i> |

Drain beans. Heat oil in large pot over med-high heat. Add onions and sauté until translucent, about 15 minutes. Stir in garlic, chilies, all spices and sauté another two minutes. Add beans and stock and bring to boil. Cook, stirring occasionally, about 1 hour, or until beans are tender.

Add chicken and cheese and reheat well. Serve with remaining cheese, sour cream and salsa as desired.

## **Zucchini Soup**

**Submitted by Traci Jensen  
Wife of SGT Kurt Jensen**

<i>2 C. Zucchini</i>	<i>1 chicken bullion cube</i>
<i>1 C. water</i>	<i>1/8 tsp. basil</i>
<i>1/2 C. tomato juice</i>	<i>1-8 oz package cream cheese</i>
<i>1 T. onion</i>	

In sauce pan combine everything but cream cheese. Cover and simmer 20 minutes (or until zucchini is mushy). In a blender puree mixture while adding cream cheese. Heat over stove.

### **THE FARMER'S LOVE LETTER**

*My sweet potato  
do you carrot all for me?  
You are the apple of my eye,  
with radish hair and turnip nose.  
My heart beets for you,  
my love for you is as strong as onions.  
If we cantaloupe, lettuce marry  
and we will be a happy pear.*

The background of the entire image is a close-up, slightly blurred view of the American flag. The stars and stripes are visible, with the blue field containing white stars and the red and white stripes flowing across the frame. The text is centered over the white stripes.

# Breads & Rolls

## **Best Ever Banana Bread**

Submitted by Sara Anderson  
Wife of SFC Steven Anderson

<i>1 cup sugar</i>	<i>1/2 C. shortening</i>
<i>2 eggs</i>	<i>3-4 bananas, mashed</i>
<i>Pinch of salt</i>	<i>1/2 tsp. baking powder</i>
<i>1 tsp. soda</i>	<i>1 3/4 C. flour</i>

Mix as usual for bread. Pour into well greased 1 lb pan.  
Bake in slow oven 325° for 1 hour.

## **Bran Muffin Mix**

Submitted by Rita Tomes  
Mother- in- law of SFC Jay Roberts

<i>2 C. 100% Bran Nabisco</i>	<i>1 qt. buttermilk</i>
<i>2 C. boiling water pour over Bran</i>	<i>5 C. flour</i>
<i>1 heaping cup shortening</i>	<i>5 tsp. soda</i>
<i>3 C. white sugar cream</i>	<i>1 tsp. salt</i>
<i>together with shortening add</i>	<i>4 C. Kellogg All Bran</i>
<i>4 eggs beaten</i>	

Add sifted dry ingredients with Kellogg All Bran, fold in only until all dry ingredients are moist. Bake as needed 15 to 20 min. at 400°. Mixture will keep in refrigerator for 6 to 7 weeks.

## **Bread Machine Bread Recipe**

Submitted by Avajo Holmes  
Mother-in-law of SGT Brian Voight

<i>3/4 C. water</i>	<i>1 tsp. salt</i>
<i>3/4 C. whipping cream</i>	<i>2 tsp. yeast</i>
<i>3 T. honey</i>	<i>3 C. white flour</i>
<i>1 T. oil</i>	<i>1 C. whole wheat flour</i>

Makes a 2-lb loaf, set bread machine to the white bread setting, and on the light crust setting.

## **C & R's Easy Dessert Rolls**

**Submitted by Chandler & Raeanna Johnson**  
**Children of SSG Philip Johnson**

<i>3 cans of Buttermilk Biscuits</i>	<i>1/2 C. White Sugar</i>
<i>1 stick Margarine</i>	<i>1/2 C. Vanilla Ice Cream</i>
<i>1/2 C. Brown Sugar</i>	

Cut buttermilk biscuits into quarters. Put in 9x13 greased pan. Sprinkle cinnamon and sugar over all. Melt the rest of ingredients together. Pour over rolls. Bake at 350° for 30 minutes.

## **Caramel Rolls**

**Submitted by JoAnn Linn**  
**Wife of MAJ James Linn**

<i>Favorite Sweet Dough</i>	<i>1 T. salt</i>
<i>2 pkgs yeast</i>	<i>2 eggs</i>
<i>1 C. warm water</i>	<i>2 C. flour</i>
<i>1 tsp. sugar</i>	<i>3 1/2 -4 C. flour</i>
<i>1 C. boiling water</i>	<i>1/2 C. butter</i>
<i>1/2 C. sugar</i>	<i>1/3 C. white corn syrup</i>
<i>1/2 C. oil</i>	<i>1 1/3 C. brown sugar</i>

### **Favorite Sweet Dough**

Dissolve 2 pkgs yeast in 1 cup warm water and 1 tsp sugar. Set aside. Add 1 cup boiling water to 1/2 cup sugar, 1/2 cup oil and 1 tbsp salt. Add 2 eggs, 2 cups flour and yeast mixture. Add 3 1/2 -4 cups more flour and knead well. Let rise 1 hour or until double. Roll 3/8" thick & cut for raised donuts or roll & make into caramel or cinnamon rolls. If making caramel rolls, add the caramel to the bottom of the pan first (see recipe below) then take the dough and roll out into a rectangular shape, spread lightly with butter and sprinkle with sugar & cinnamon (can also add raisins) then roll up and slice by using a thread and tying a knot every 3/4"). Let rise. Bake at 350° for 20 minutes.

### **Caramel for Rolls:**

Melt together (butter, corn syrup & brown sugar) & put in bottom of pan before placing dough in to rise. When done baking turn upside down immediately & scrape excess caramel from pan onto rolls.

## **Caramel Rolls**

**Submitted by Marlys Fisher  
Mother of CPT Damien Fisher**

<i>2 loaves frozen bread dough</i>	<i>1 1/2 C. brown sugar</i>
<i>Cinnamon</i>	<i>1 large package vanilla pudding</i>
<i>Caramel Topping:</i>	<i>(not instant)</i>
<i>1 1/2 sticks butter (do not</i>	<i>2 T. milk</i>
<i>substitute)</i>	

Cook mixture for the topping until bubbly/caramel looking.  
Thaw bread dough over night for 4 -5 hours. Break into pieces in 9 x 13 pan.  
1st layer are the pieces of bread dough.  
2nd layer - sprinkle with cinnamon.  
3rd layer - cook caramel mixture.  
4th layer - pieces of bread dough.  
5th layer - apply remaining caramel.  
Let stand for a few minutes, so dough can increase in size.  
Bake at 350° for 30 minutes. When done, flip upside down in cookie sheet so caramel is on top.  
Optional: If you like nuts, put them in 9 x 13 pan first before applying the layers in the pan.  
Helpful hints: I wrap cookie sheet with foil so appearance is nice and is easy clean up.

## **Cinnamon Roll Pull Aparts**

**Submitted by Kimberly Gilmour  
Good Friend of SPC Justin Blais**

<i>1/2 C. butter</i>	<i>1 C. vanilla ice cream</i>
<i>1 C. brown sugar</i>	<i>3 - 7.5 oz. pkgs. biscuits</i>

Bring butter, brown sugar and vanilla ice cream to a boil on the stove. In a 9 x 13 pan pour some of the mixture on the bottom.  
Take the biscuits and pull each biscuit in half and roll in a cinnamon and sugar mixture.  
Spread out all the biscuits in the bottom of the pan and pour the rest of the butter, brown sugar, and ice cream mixture on top. Bake at 350° until just browning.

## **Cream Biscuits**

**Submitted In Honor of SGT Randolph Pryor**

<i>2 C. flour</i>	<i>1/2 tsp. salt</i>
<i>1 T. baking powder</i>	<i>1 1/4 C. heavy cream</i>
<i>3 T. sugar</i>	<i>Milk or butter for brushing</i>

Preheat oven to 425°. Into a medium bowl, sift flour, baking powder, sugar and salt. Add heavy cream and stir until mixture forms a dough. Gather dough into a ball and gently knead dough 6 times on a lightly floured flat surface. Roll or pat dough to 1/2" thickness. Cut out rounds with a 2 1/2" round cutter dipped in flour. Or, if desired, cut dough into 10 squares. Transfer biscuits to an ungreased baking sheet. Roll out dough scraps and cut into rounds until there are 10 biscuits. Brush tops of biscuits with milk or butter and bake for 15 minutes, until pale golden. Transfer biscuits to a wire rack and let cool for 5 minutes. Makes 10 biscuits.

## **Garlic Bread**

**Submitted by Tammy Chase  
Wife of Retired 1SG Brian Chase**

<i>1/4 C. melted butter</i>	<i>1/2 T. garlic salt</i>
<i>1/2 C. mayonnaise</i>	

Mix together and spread onto bread of choice, cover with mozzarella cheese.

Bake at 350° for 20 minutes.

## **Grandma Marlene's Pancakes**

**Submitted by Marlene Perault  
Mother-in-law of CPT Patrick Sprecher**

<i>2 C. flour</i>	<i>1 T. oil</i>
<i>1/4 C. sugar</i>	<i>2 eggs</i>
<i>2 1/2 T. baking powder</i>	<i>2 C. milk</i>

Mix flour, sugar and baking powder. Add oil, eggs, and milk stir until smooth. Heat on griddle. They are light, fluffy, and melt in your mouth.



## **Grandma's Gingerbread**

Submitted by JoAnn Linn  
Wife of MAJ Jim Linn

- |                    |                         |
|--------------------|-------------------------|
| 1. 1/2 C. Crisco   | 6. 3/4 tsp. soda        |
| 2. 1 egg           | 7. 1/2 tsp. ginger      |
| 3. 1/2 C. sugar    | 8. 1/2 tsp. cinnamon    |
| 4. 1/2 C. molasses | 9. 1/2 C. boiling water |
| 5. 1 1/2 C. flour  |                         |

Mix in order given. Bake in 8x8 pan at 350 degrees for 35 minutes.  
Double recipe for 10x15 pan.

## **Homemade Buns**

Submitted by Debbie Pageler  
Mother of SPC Bryce Pageler and  
Mother-in-Law of SPC Wade Powell

- |                               |                             |
|-------------------------------|-----------------------------|
| 4 C. water                    | 1 C. warm water             |
| 1 C. sugar                    | 2 pkgs. Red Star rapid rise |
| 1 T. salt                     | yeast                       |
| 1 C. lard                     | 3 eggs                      |
| 13 C. Dakota Maid Bread Flour |                             |

In kettle, bring 4 C water, 1 C Sugar, 1 T salt to boil for 3-5 minutes.  
Remove from burner.

Add 1 C Lard. Stir and let set to cool off.

In large bowl, mix 6 C Dakota Maid Bread Flour.

In glass measuring cup, 1 C warm water and 2 pkg "Red Star" Rapid Rise Yeast

After lard mixture is tepid, mix into flour

Beat 3 eggs and add to flour mixture.

Add Yeast.

Add 6 more cups flour. Let Rise 2 hours (will rise over top of bowl)

Add 1 C flour and knead - Rise 2 more hours.

Grease 3 Jelly roll pans. Put 20 buns per pan. (Makes 5 dozen buns)  
Press top of each bun down a bit.

Rise 4 hrs and bake at 350 for 9 minutes, spin pan around and bake 9 more minutes.

Remove from pan to cooling racks and brush tops with Butter flavor Crisco.

## **Ice Box Muffins**

Submitted by Pearl Munneke  
Grandmother of CPT Damien Fisher

<i>1 1/2 C. white sugar</i>	<i>1 C. bran buds</i>
<i>1/2 C. shortening</i>	<i>1 C. boiling water</i>
<i>2 eggs (beaten)</i>	<i>2 1/2 tsp. soda</i>
<i>2 C. buttermilk</i>	<i>Salt</i>
<i>2 C. all bran</i>	<i>1 C. raisins (optional)</i>

Pour boiling water over bran buds.

Cream sugar and shortening.

Add eggs, buttermilk and bran buds.

Sift flour with salt & soda.

Add flour mixture and all bran - fold in.

Bake 15 - 20 minutes at 400°.

(makes 24 muffins)

(This mix will keep 6-7 weeks in the refrigerator - you can bake as needed)

## **Indian Fry Bread**

Submitted by Laney Waln  
Sister-in law of CPT Patrick Sprecher

<i>2 C. flour</i>	<i>1/2 tsp. salt</i>
<i>3 tsp. baking powder</i>	<i>1 C. warm water</i>
<i>1/4 C. sugar</i>	

Mix flour, baking powder, sugar and salt. Gradually add water to dry mixture. Tear off chunks of dough, shape to desired size and thickness with fingers. Fry in hot oil until brown on both sides. NOTE: We use as an Indian Taco shell/crust or dip in sugar for a doughnut/desert.

## **Indian Fry Bread**

Submitted in Honor of MAJ Keith Weber

<i>4 C. flour</i>	<i>1 to 2 T. shortening</i>
<i>2 tsp. salt</i>	<i>Cooking oil</i>
<i>6 tsp. baking powder</i>	

In a medium bowl, combine flour, salt, baking powder and shortening. Add enough water to make a medium stiff dough. Roll dough into a ball about 3" in diameter. Pull dough into a 6" circle with fingers. Do not use a rolling pin. In a skillet, heat 1" cooking oil. When oil is hot, drop dough into skillet. Brown bread on both sides.

## **JAMEY CAKE (Breakfast)**

Submitted by Pam Lewis  
Mother of SSG Eric Lewis

<i>1 stick oleo</i>	<i>1/2 C. white sugar</i>
<i>1/2 C. brown sugar</i>	<i>1/2 C. vanilla ice cream</i>

Bring to boil.

Roll biscuits from 3 tubes of Pillsbury biscuits in cinnamon & sugar. Place biscuits in bundt pan, layering.

Pour sauce over top. Bake 350° for 30 minutes.

Turn out on plate. Cool.

## **Krispy Roll**

Submitted by Wayne & Carol Hoines  
Father & Step-mother of CPT David Hoines.

<i>1 - 16 oz. Mini marshmallows</i>	<i>1 C. Chocolate Chips</i>
<i>1 stick Oleo</i>	<i>1/4 C. Butterscotch Chips</i>
<i>1/4 C. peanut butter</i>	

Krispy Roll: Melt & add 8 C. rice Krispies. press into a foil lined cookie sheet sprayed with pam.

Melt: 1 C. Chocolate Chips, 1/4 C. butterscotch chips and spread over krispies. Roll up like a jelly-roll. Place in refrigerator & turn for awhile to keep roll round until set. Slice & serve.

## **Merri's Carmel Rolls**

**Submitted by Colleen Nilson  
Wife of CPT Kerry Nilson**

<i>2 loaves Rhodes (or other)</i>	<i>2 tsp. cinnamon</i>
<i>frozen bread, thawed</i>	<i>1 large pkg. vanilla pudding, the</i>
<i>1/2 C. butter</i>	<i>kind that gets cooked-not</i>
<i>1 C. brown sugar</i>	<i>instant</i>
<i>2 T. milk</i>	<i>Chopped pecan or other nuts</i>

Melt butter, add brown sugar, milk and cinnamon. Stir till sugar dissolves. Add pudding. Grease 9 x 13 pan, line with pecan or other nuts. Tear first loaf of bread into pieces and place over nuts. Pour sauce over bread and tear 2nd loaf into pieces and place over sauce. Let rise 4-6 hrs or overnight. Bake 400° for 15 - 20 minutes. Place cookie sheet upside down over pan and flip to get rolls out.

*I cannot bear to throw away  
the recipes I find.  
For casseroles and cakes and pies  
and meals of every kind.  
And so I throw them in a box  
or cram them in a book.  
But as the years go by  
I don't give them a second look!*

## **Midget Puffs**

Submitted by Marlys Fisher  
Mother of CPT Damien Fisher

*1/2 C margarine*  
*1/2 tsp. salt*  
*1 C. boiling water*

*1 C. flour*  
*4 large eggs*

Heat butter and salt with boiling water in medium sauce pan over high heat.

When butter is melted, remove from heat & with wooden spoon vigorously stir in flour all at once.

Place over low heat and beat constantly until mixture leaves side of pan and forms a ball, this only takes a couple of minutes.

Remove from heat, quickly beat in eggs, one at a time, beating until smooth after each egg is added with spoon or electric beater. Continue beating hard until dough has satin like sheen & breaks away in strands. Dough will be stiff & holds its shape.

Drop by scant teaspoonful, 2 inches apart, on lightly greased baking sheet. Shaping each into a mound with a peak in the center, or use pastry tube.

Bake in preheated oven at 375° until puff or golden 20 - 25 minutes.

DO NOT OPEN OVEN until last few minutes of baking time. Cool on rack. (May be made in advance & frozen).

When ready to fill, cut off tops of puffs with sharp knife. Remove any soft dough.

Refrigerate until ready to serve.

*Fish, to taste right, must swim three times -  
in water, in butter, and in wine.  
~ Polish Proverb*

## **Monkey Bread**

**Submitted by Barb Moen  
Mother of SPC Jonathan Moen**

*3 pkgs. buttermilk biscuits  
1/3 C. sugar  
1 tsp. cinnamon*

*Topping:  
1 cup brown sugar  
1 stick margarine  
1/2 tsp. cinnamon*

Mix the sugar and cinnamon in a ziploc bag, Peel the biscuits apart and shake 5 - 6 biscuits at a time in the cinnamon and sugar mixture. Line the biscuits up standing on end in a greased bundt pan. Biscuits can also be cut into quarters before shaking. Topping: Melt the brown sugar, margarine and cinnamon mixture in the microwave. Do not boil. Pour over the biscuits. Bake at 350° for 25 minutes. The biscuits will start to crack when they are done. Remove from pan immediately and serve while warm. For a smaller product, use two pkg. of biscuits.

## **Monkey Bread**

**Submitted by Amy Kozak  
Significant other of SSG Neal Stratman**

*3 loaves of bread dough  
Cinnamon  
Sugar  
Sauce*

*1 stick of margarine  
1 1/2 C. of vanilla ice cream  
1 C of brown sugar*

Combine in a sauce pan and bring to a boil. Pour over bread. Place the pan in the oven & back at 350 degrees for 40 min or until brown. Take out of the oven and turn upside down on a cookie sheet. Add a cup of walnuts if you wish. Enjoy with a large glass of milk.

## **Overnight French Toast**

Submitted by Angela Glover  
Wife of SSG Burton Glover

*1 stick butter, melt and put in  
9x13 pan*

*Add to butter:*

*1 C. brown sugar*

*1 tsp. cinnamon*

*Put on top of butter mixture:*

*12 slices French Bread (sliced  
thick)*

*Pour this mixture over bread:*

*6 eggs (beaten)*

*1 1/2 C. milk*

*Dash of salt*

*1 tsp vanilla*

Refrigerate over night. Bake at 350° for 30 min.  
Sprinkle with cinnamon and/or powdered sugar.

## **Overnite Buns or Rolls**

Submitted by JoAnn Linn  
Wife of MAJ Jim Linn

*4 C. water*

*2 T. salt*

*2 C. sugar*

*1 C. Crisco*

*2 pkgs. yeast*

*1 C. warm water*

*1 tsp. sugar*

*3 eggs - beaten*

*4 C. flour*

Start at 4 pm. Boil together 4 cups water, 2 tbsp salt and 2 cup sugar. Boil 5 minutes and add 1 cup Crisco and cool until 7:00. Dissolve 2 pkgs yeast in 1 cup warm water and 1 tsp sugar. Mix together with 3 beaten eggs and 4 cups flour. Add remaining flour & knead to soft dough. Let rise for 2 hours and knead down. Let rise another hour. Shape into buns & rolls & let rise overnite. Bake at 350° for 15-20 minutes or until lightly brown.

## **Pancakes**

Submitted by Ronda Steiner  
Mother of SPC Brandon Steiner

<i>2 C. flour</i>	<i>1 1/2 C. milk</i>
<i>3 tsp. baking powder</i>	<i>3/4 tsp. salt</i>
<i>3 tsp. sugar</i>	<i>3 T. butter (melted)</i>
<i>3 eggs</i>	

Mix all ingredients together.  
Heat and grease your griddle.  
Pour on – flip and enjoy!

## **Pecan Muffins**

Submitted by Erin Schlimgen  
Wife of SSG Nate Schlimgen

<i>1 C. brown sugar</i>	<i>2/3 C. melted butter</i>
<i>1/2 C. flour</i>	<i>2 eggs</i>
<i>1 C. chopped pecans</i>	<i>Mix well</i>
<i>Set aside</i>	

Add butter mixture to sugar mixture.  
Grease and flour small muffin tins. Fill 2/3 full. Bake at 350° for  
20-25 minutes.

*The dictionary is the only place that  
success comes before work.*



## **Pumpkin Cranberry Nut Bread**

Submitted by Marlys Fisher  
Mother of CPT Damien Fisher

<i>3 1/2 C. flour</i>	<i>2 C. sugar</i>
<i>2 tsp. ground cinnamon</i>	<i>3/4 C. butter or margarine</i>
<i>1 tsp salt</i>	<i>softened</i>
<i>1 tsp baking soda</i>	<i>3 eggs</i>
<i>1/2 tsp baking powder</i>	<i>1 can solid pack pumpkin</i>
<i>2 tsp grated orange rind</i>	<i>1 C. chopped walnuts</i>
<i>(optional)</i>	<i>1 C. chopped cranberries</i>

Preheat oven to 350°. Combine dry ingredients; set aside. Cream butter and sugar. Add eggs one at a time, mixing after each addition. Alternate additions of pumpkin and dry ingredients. Stir in nuts and cranberries. Pour batter into 2 lightly greased loaf pans. Bake 60 to 65 minutes or until bread tests done. If desired, drizzle with icing. Mix just enough cream or milk into powdered sugar to make a slightly runny consistency. Garnish with walnut halves and a cranberry. Makes 2 loaves.

## **Pumpkin Spice Bread**

Submitted by JoAnn Linn  
Wife of MAJ Jim Linn

<i>2 C. pumpkin</i>	<i>1 C. vegetable oil</i>
<i>2 tsp. baking soda</i>	<i>1 tsp. baking powder</i>
<i>3 C. sugar</i>	<i>4 eggs</i>
<i>2 tsp. cinnamon</i>	<i>1/2 tsp. nutmeg</i>
<i>1 C. water</i>	<i>3 1/3 C. flour</i>
<i>1 tsp. salt</i>	<i>3/4 tsp. ground cloves</i>

Preheat oven to 350°. Combine first 5 wet ingredients then add dry ingredients until smooth. Grease & flour two loaf pans. Bake 60-70 minutes or until tooth pick comes out clean. Serve with butter or cream cheese.

## **Quick Poppy Seed Bread**

Submitted by JoAnn Linn  
Wife of MAJ Jim Linn

1 pkg. yellow cake mix	4 eggs
1 pkg. lemon instant pudding mix	1/4 C. poppy seed
1 C. salad oil	1 C. hot water

Soak poppy seeds in hot water for 10 minutes. Mix cake mix with pudding mix. Stir in eggs, oil and poppy seed with hot water. Bake for 40 minutes in loaf pans at 325°

## **Rhubarb Muffins**

Submitted by Donna Satter  
Grandmother of SPC Wade Powell

1 C. brown sugar	1 tsp. baking soda
1/2 C. salad oil	1 tsp. vanilla
1 egg	2 C. finely chopped rhubarb
2 1/2 C. flour	1/2 C. chopped walnuts
1 C. buttermilk	1 tsp. salt

Grease muffin tins. Beat together sugar, oil, egg & buttermilk. Stir in flour, salt, soda, vanilla, rhubarb & nuts. Do not beat. Fill muffin tins 2/3 full. Bake at 350 for 30 min. Makes 18 muffins.

## **Zucchini Bread**

Submitted by Bonnie Powell  
Mother of SPC Wade Powell

3 eggs	3 C. flour
1 C. oil	1/2 tsp. baking powder
2 C. sugar	2 tsp. baking soda
2 C. raw zucchini, grated	1 tsp salt
2 tsp. vanilla	1 1/2 tsp. cinnamon

Beat eggs, oil, and sugar together; add vanilla. Stir remaining dry ingredients together. Add alternately with zucchini. Bake in 2 greased bread pans at 350 for one hour.

## ***Zucchini Pineapple Bread***

Submitted by Pearl Munneka  
Grandmother of CPT Damien Fisher

<i>3 eggs</i>	<i>1 1/2 tsp. cinnamon</i>
<i>2 C. sugar</i>	<i>3/4 tsp. nutmeg</i>
<i>1 C. oil</i>	<i>1 tsp. salt</i>
<i>2 tsp. vanilla</i>	<i>2 tsp. baking soda</i>
<i>2 C. grated zucchini</i>	<i>1/4 tsp. baking powder</i>
<i>1 C. crushed pineapple</i>	<i>1 C. raisins or chopped dates</i>
<i>3 C. flour</i>	<i>1 C. pecans or walnuts</i>

Beat the first 6 ingredients.  
Add dry ingredients.  
Add raisins, dates and nuts.  
Bake for 60 minutes at 325°

*When entertaining:*

*Have one surprise dish that's exotic and new;  
Its unusual taste reflects credit on you.  
Be ready ten minutes before guests are due.  
Then have a good time, so the others will too.*



The background of the entire page is a close-up, slightly blurred image of the American flag. The stars and stripes are visible, with the blue field containing white stars and the red and white stripes. The flag appears to be waving, creating a sense of movement.

# Vegetables & Side Dishes

## **Bacon Fried Potatoes**

**Submitted In Honor of PFC Eugene Royce**

<i>6 slices bacon, diced</i>	<i>1/4 tsp. pepper</i>
<i>6 potatoes, peeled and sliced</i>	<i>1 tsp. fresh minced parsley</i>
<i>1/2 tsp. celery seed</i>	<i>1/8 tsp. paprika</i>
<i>1/2 tsp. salt</i>	

In a medium skillet over medium heat, sauté diced bacon until cooked and crispy. Let bacon drain on paper towels. Place sliced potatoes in skillet with bacon drippings. Cover skillet and fry potatoes until browned and tender, turning frequently to prevent burning. Sprinkle potatoes with celery seed, salt, pepper, minced parsley and paprika. Add cooked bacon and stir until well mixed. Makes 4 servings.

## **Baked Onion Rings**

**Submitted In Honor of SPC Derrick Bachman**

<i>1 1/2 C. crushed cornflakes</i>	<i>1/4 tsp. garlic salt</i>
<i>2 tsp. sugar</i>	<i>2 large sweet onions</i>
<i>1 tsp. paprika</i>	<i>2 eggs</i>
<i>1/4 tsp. seasoning salt</i>	

Preheat oven to 375°. In a large bowl, combine crushed cornflakes, sugar, paprika, seasoning salt and garlic salt. Mix well and set aside. Cut onions into 1/2" thick slices and separate into rings. In a small mixing bowl, beat eggs until frothy. Dip onion rings into egg and then into crumb mixture, coating well. Place coated onion rings in a single layer on greased baking sheets. Bake in oven for 15 to 20 minutes or until onions are tender and coating is crispy. Makes 4 servings.

## **Beer Battered Vegetables**

**Submitted In Honor of SGT Katie McNich**

<i>2 C. flour, divided</i>	<i>1 carrot, cut into thick strips</i>
<i>1 1/2 C. beer</i>	<i>1 onion, sliced into rings</i>
<i>2 eggs</i>	<i>6 fresh mushrooms, stems removed</i>
<i>1 C. milk</i>	<i>1 green bell pepper, sliced in rings</i>
<i>Salt and pepper to taste</i>	
<i>2 C. vegetable oil for frying</i>	

In a medium bowl, combine 1 1/2 cups flour and beer. Let stand for at least 3 hours at room temperature. In a small bowl, combine eggs and milk. In a separate bowl, combine remaining 1/2 cup flour, salt and pepper. In a large skillet or saucepan, heat frying oil to 375°. Dip each vegetable in the egg and milk mixture. and dredge in the flour and seasoning mixture. Finally, dip vegetables again into the beer and flour mixture. Place the vegetables in the oil and fry until golden brown. Makes about 8 servings.

## **Calico Beans**

**Submitted by Candy Thomas  
Mother-in-law to CPT Keith Voss**

<i>1/2 lb. ground beef</i>	<i>2 tsp. vinegar</i>
<i>1/2 lb. bacon</i>	<i>1 (no.2) can pork and beans</i>
<i>1 C. chopped onion</i>	<i>1 (no.2) can kidney beans</i>
<i>Combine and brown lightly.</i>	<i>1 tsp. salt</i>
<i>Add:</i>	<i>1 tsp. mustard</i>
<i>1/2 C. ketchup</i>	<i>1 (no.2) can butter or lima beans</i>
<i>3/4 C. brown sugar</i>	

Mix well and bring to a boil. Simmer for 40 to 60 minutes in electric fry pan at 210-220°. Stir occasionally.  
Also works well in crock pot.

## **Cheese Potatoes**

Submitted by John & Kathleen Hanson  
Parents of SGT Chad Hanson

<i>2 lb. bag hash brown potatoes (thawed)</i>	<i>Salt</i>
<i>1 pt. sour cream</i>	<i>Pepper</i>
<i>2 C. grated cheddar cheese</i>	<i>1/2 chopped onion (1/2 C.)</i>
<i>1 - 10 3/4 oz. can cream of chicken soup</i>	

Mix all together and put salt and pepper to taste.  
Bake in 350° oven for 1 hour.

## **Cheesy California Blend Veggies**

Submitted by Jeff & Debbie Pageler  
Parents of SPC Bryce Pageler and  
Father/Mother in Law of SPC Wade Powell

<i>2 bags California Blend Frozen Vegetables</i>	<i>1 can cream of chicken soup</i>
<i>1/2 lb Velveeta Cheese</i>	<i>2 T. Margarine</i>

Thaw vegetables, mix together and dot with margarine. Cook in  
Crockpot 3 hrs on High

## **Cheesy Corn Macaroni**

Submitted by Suzanne Sprecher  
Sister-in-law of CPT Patrick Sprecher

<i>1 C. macaroni noodles</i>	<i>1 can cream corn</i>
<i>1/2 C. melted margarine</i>	<i>1 can kernel corn</i>
<i>1 C. cubed Velveeta</i>	

Mix together and bake in oven at 400° about 30 minutes.



## **Corn Casserole**

**Submitted by Joan Kayser  
Wife of SSG Lee Kayser**

<i>1 box ring noodles</i>	<i>2 cans cheddar cheese soup</i>
<i>2 cans whole corn (with juice)</i>	<i>1 stick of butter</i>
<i>1 can cream corn</i>	

Mix all the ingredients in a big mixing bowl together including the juice from the cans of whole corn. Mix well and pour in to baking dish.

Bake at 350° for 1 hour or until noodles are tender.

## **Creamy Hash Browns**

**Submitted In Honor of SFC Joe Hauck**

<i>1-10 3/4 oz. can cream of mushroom soup</i>	<i>1/4 tsp. pepper</i>
<i>1-10 3/4 oz. can cream of chicken soup</i>	<i>1-30 oz. bag frozen shredded hash browns, partially thawed</i>
<i>1-8 oz. carton sour cream</i>	<i>8 medium green onions, sliced, about 1/2 C.</i>
<i>1/2 C. milk</i>	<i>1 C. shredded Cheddar or Colby Jack cheese</i>

Preheat oven to 350°. Grease bottom and sides of a 9x13" baking dish or 12 small ramekins. In a large bowl, combine cream of mushroom soup, cream of chicken soup, sour cream, milk and pepper. Stir in hash browns and sliced green onions. Spoon mixture into baking dishes. Bake for 30 minutes. Sprinkle with shredded cheese. Bake an additional 15 to 20 minutes, until hash browns are golden brown and bubbly around edges. Makes 12 servings.

## **Crockpot Corn**

Submitted by Jamie Kenny  
Wife of CPT Sean Kenny

*1 1/4 (16 oz.) pkgs. frozen corn      1/2 C. butter*  
*kernels      Salt and pepper to taste*  
*1 (8 oz. pkg) cream cheese*

In a slow cooker, combine corn, cream cheese, & butter. Season with salt and pepper to taste.

Cook on High for 2 to 4 hours, or on Low for 4 to 6 hours.

## **Crunchy Cooked Veggies**

Submitted by Tami Voight  
Wife of SGT Brian Voight

*1 C. fresh broccoli florets      4-5 cut grape tomatoes*  
*1 C. chopped carrots      2 cut radishes*

Fry fresh veggies over medium heat in an oiled pan for about 5 minutes, stirring often. They should be warm, but crunchy when removed.

Mix in Roasted Red Pepper Italian dressing, covering vegetables completely

Add Four-Cheese Parmesan Cheese to taste

Serve warm

*Shouting to make your children behave is like  
steering your car with the horn.*

## **Day Before Mashed Potatoes**

Submitted by Jamie Kenny  
Wife of CPT Sean Kenny

<i>9 potatoes, peeled and cubed</i>	<i>1 tsp. salt</i>
<i>6 oz. cream cheese</i>	<i>1/4 tsp. ground black pepper</i>
<i>1 C. sour cream</i>	<i>2 tsp. butter</i>
<i>2 tsp. onion powder</i>	

Bring a large pot of salted water to a boil. Drop in potatoes, and cook until tender but still firm, about 15 minutes.

Transfer potatoes to a large bowl, and mash until smooth. Mix in the cream cheese, sour cream, onion powder, salt, pepper and butter. Cover, and refrigerate 8 hours, or overnight.

Preheat oven to 350°.

Lightly grease a medium baking dish.

Spread potato mixture into the prepared baking dish, and bake in the preheated oven about 30 minutes.

## **Grilled Asparagus**

Submitted by Alicia Nelson  
Mother of SGT Joel Nelson

<i>1/2 lb. fresh baby asparagus</i>	<i>1/8 tsp. lemon zest plus a few</i>
<i>2 T. extra virgin olive oil</i>	<i>drops of freshly squeezed</i>
<i>Black pepper (few twists)</i>	<i>lemon juice</i>
<i>1/8 tsp. Kosher salt</i>	

Break asparagus at natural breaking points.

Season asparagus with salt, pepper and extra virgin olive oil. Preheat grill. Drizzle 1/2 T. of oil over the asparagus and turn spears until coated. Grill asparagus for 5 minutes over a hot grill. Rotate often to prevent burning. Asparagus should begin to brown in spots.

Remove, toss with zest & juice and cover with foil to keep warm. Drizzle with remaining oil and season with salt & pepper to taste.

## **Hash Brown Potatoes**

Submitted by Char Pohlen, Mother & Samantha Pohlen,  
Wife of SGT Justin Pohlen

<i>2 lb. pkg. hash browns</i>	<i>1 pt. sour cream (12 oz.)</i>
<i>1/4 C. melted butter</i>	<i>2 C. grated American or</i>
<i>1 small onion</i>	<i>cheddar cheese</i>
<i>1 C. cream of chicken soup</i>	

Mix well and put in a 9 x 13 pan. Top with 1/4 cup melted butter and  
1 1/2 cups crushed corn flakes.  
Bake at 350° for 1 hour

## **Hunters Beans**

Submitted by JoAnn Linn  
Wife of MAJ James Linn

<i>3 lbs. burger-browned</i>	<i>1/3 C. mustard</i>
<i>1 C. chopped onion</i>	<i>3 cans white butter beans</i>
<i>2 tsp. salt</i>	<i>1/2 gallon pork &amp; beans</i>
<i>1/2 C. brown sugar</i>	<i>1/2 gallon kidney beans</i>
<i>1 1/2 C. ketchup</i>	<i>1/2 C. molasses</i>

Add all ingredients to a large roaster. Turn on high to start - stir.  
Then down to 150 degrees and cook 2-3 hours.

## **Lois's Corn**

Submitted by Geraldine Kriz  
In Honor of Stephen Achen

<i>2 - 16 oz. bags frozen corn</i>	<i>1 - 8 oz. cream cheese</i>
<i>1 - stick butter</i>	

Put in crock pot.

## **Make Ahead Mashed Potatoes**

Submitted by Joann Stockland  
Mother of SSG Chad Stockland & SGT Dana Stockland

<i>5 lbs. Potatoes</i>	<i>2 T. Butter</i>
<i>2 - 3 oz. Cream cheese</i>	<i>1/2 tsp. Pepper</i>
<i>1 C. Sour cream</i>	<i>1 1/2 tsp. Onion powder</i>
<i>1 tsp. Salt</i>	

Cook potatoes, mash and add sour cream, cream cheese and other ingredients. Put in casserole & store in refrigerator. Next day, put in crock pot on low for 3 hours or put in baking pan (9x13) in the oven for 1 hr. at 350°. (Great for holiday meals!)

## **Oven Fries**

Submitted In Honor of SPC Robert Hopper

<i>2 1/2 lbs. baking potatoes</i>	<i>1 tsp. salt</i>
<i>1 tsp. vegetable oil</i>	<i>Pinch of cayenne pepper</i>
<i>1 T. sugar</i>	

Preheat oven to 450°. Line a baking sheet with aluminum foil and coat with non-stick cooking spray. Scrub potatoes and cut into 1/2" thick sticks. In a large bowl, combine potatoes, vegetable oil, sugar, salt and cayenne pepper. Place potatoes in a single layer on a baking sheet. Bake in oven for 30 minutes. Serve immediately. Makes 6 servings.

## **Parmesan Potatoes**

Submitted by Judon Reinbold  
Wife of SPC Justin Reinbold

<i>6 large potatoes</i>	<i>3/4 tsp. garlic salt</i>
<i>1/4 C. flour</i>	<i>1/8 tsp. pepper</i>
<i>1/4 C. Parmesan cheese</i>	<i>1/3 C. butter or margarine</i>

Cut potatoes into small chunks. Put in ziploc bag with flour, Parmesan cheese, garlic salt and pepper. Coat well. Melt butter in a 9X13 pan. Place potatoes in a single layer on pan and bake at 375° for 1 hour.

## **Patio Potatoes**

Submitted by Angie Johnson  
Wife of SSG Philip Johnson

<i>1 bag of Frozen Hash Browns</i>	<i>1/2 C. Oleo, Melted</i>
<i>1 can of Cream of Chicken Soup</i>	<i>12 - 16 oz. Sour Cream</i>
<i>2 T. Chopped Onion</i>	<i>1/4 C. Melted Oleo</i>
<i>1/2 tsp. Salt</i>	<i>2 C. Crushed Corn Flakes or</i>
<i>1/4 tsp. Pepper</i>	<i>Sour Cream Onion Chips</i>

Place frozen hash browns in greased casserole. Mix soup, onion, salt, pepper, oleo and sour cream together and pour over potatoes. Top with remaining oleo and chips and bake at 350° for 45-60 minutes.

## **Patio Potatoes**

Submitted by Donna Gohn  
Mother of SGT Jon Gohn

<i>1 C. sour cream</i>	<i>1 medium onion chopped fine</i>
<i>1 can cream of potato soup</i>	<i>1 C. shredded cheddar cheese</i>
<i>1 can cream of celery soup</i>	<i>1/2 tsp pepper</i>
<i>1/2 C. milk</i>	
<i>1 (32 oz) bag of frozen hash browns (I like those little piece ones)</i>	

Mix all above ingredients and put in 9x13 pan  
Bake at 325° for 1 1/2 - 2 hours

## **Roasted Tomatoes**

Submitted in Honor of Adam & Austin Ernesti

<i>Tomatoes</i>	<i>Garlic (minced)</i>
<i>Salt</i>	<i>Olive oil</i>
<i>Pepper</i>	

Slice tomatoes and place on parchment paper in cookie sheet. Sprinkle with salt, pepper and garlic. Drizzle olive oil over the top. Place in 400° oven for 50 - 60 minutes.  
(You can freeze well in freezer bags)

### **Scalloped Corn**

Submitted by Karri Allen  
Wife of SSG Denny Allen

<i>1 can whole kernel corn</i>	<i>1 egg beaten</i>
<i>1 can cream style corn</i>	<i>1/2 small onion chopped finely</i>
<i>1/2 C. milk</i>	<i>3 T. green peppers chopped finely</i>
<i>1 C. bread crumbs</i>	<i>3 T. butter</i>
<i>Salt and pepper to taste</i>	

Mix all ingredients together and bake at 350°.

### **Scalloped Corn**

Submitted by Barb Moen  
Mother of SPC Jonathan Moen

<i>2 T. butter</i>	<i>1/2 tsp. pepper</i>
<i>2 eggs beaten</i>	<i>1 pt. milk</i>
<i>2 T. sugar</i>	<i>3/4 C. cracker crumbs</i>
<i>1 tsp. salt</i>	<i>1 can cream style corn</i>

Mix together and bake at 350° for about 1 1/2 hours.

### **Spaghetti Corn**

Submitted by Jennie Reasonover  
Wife of SPC Dallas Reasonover

<i>2 can cream corn</i>	<i>1 C. butter</i>
<i>1 can reg. corn</i>	<i>2 C. broken spaghetti</i>
<i>1 1/2 C. cubed velveeta cheese</i>	

Mix together bake at 350° with lid or 45 min without lid

## **Stuffed Green Peppers**

Submitted by Gloria Thornberry  
Step-Mom to PVT Eric Thornberry

<i>2 lbs. hamburger</i>	<i>1 C. minute rice</i>
<i>5-6 green peppers</i>	<i>2 T. worcestershire sauce</i>
<i>2 cans stewed tomatoes</i>	<i>2 C. shredded cheddar cheese</i>

In a dutch oven fill 2/3 full of water. Cut tops out of green peppers and deseed them. Put them in the water and bring to a boil. In another pan brown hamburger and drain off grease. Add tomatoes, rice, and worcestershire sauce. Stir and let simmer for 15 mins. Add cheese and stir. Take the green peppers out of water and put in a cake pan. Now take the hamburger mixture and spoon into green peppers. If there is meat left over put it in the pan with the peppers. Bake at 350° for 25 mins and enjoy!

## **Sweet Potato Casserole**

Submitted by Jamie Kenny  
Wife of CPT Sean Kenny

<i>3 1/2 C. mashed sweet potatoes</i>	<i>3 tsp. butter, softened</i>
<i>1/4 C. milk</i>	<i>1/2 tsp. ground nutmeg</i>
<i>1/4 C. orange juice</i>	<i>1/2 tsp. ground cinnamon</i>
<i>2 eggs, beaten</i>	<i>1/4 C. butter, softened</i>
<i>1 tsp. vanilla extract</i>	<i>3/4 C. packed light brown sugar</i>
<i>1/2 C. white sugar</i>	<i>1/2 C. all-purpose flour</i>
<i>1/2 tsp. salt</i>	<i>3/4 C. chopped pecans</i>

Preheat oven to 350°.

Grease one 2 quart casserole dish.

In a large bowl, blend together the sweet potatoes, milk, orange juice, eggs, vanilla, sugar, salt, butter, nutmeg and cinnamon. Pour into prepared casserole dish.

Mix together the 1/4 cup butter, brown sugar, flour and pecans; sprinkle over sweet potato mixture.



## Tempera

Submitted by Al & Colleen Overby  
Parents of PFC Kyle Overby

<i>Slice 4 medium sized potatoes as for French fries slice</i>	<i>1 medium onion</i>
<i>4 large carrots lengthwise in 1/4 inch strips</i>	<i>1 green pepper</i>
	<i>Beat: 2 eggs well</i>
	<i>Add: 2 tbsp water</i>

Add salt and pepper to taste. pour over vegetables. mix well Sprinkle over this 1 1/2 cup flour.

Stir until all is well coated. Drop by spoons into deep fat fryer at doughnut setting Fry until golden brown

*One morning in the garden bed  
The onions and the carrots said:  
"Oh when shall we all meet again -  
In thunder, lighting, or in rain?"  
"We're sure", replied the parsley group,  
"We'll be all together in the soup."  
~ Author unknown*

The background of the entire page is a close-up, slightly blurred image of the American flag. The stars and stripes are visible, with the blue field containing white stars and the red and white stripes flowing across the frame. The text is centered over the white stripes.

# Main Dishes & Meats

## **4-H Lunch Stand Barbecue**

**Submitted In Honor of SPC Justin Redmond**

<i>32 lb. hamburger, browned</i>	<i>1 - 9 oz. jar mustard</i>
<i>3 1/2 boxes Lipton onion soup mix</i>	<i>3 C. brown sugar</i>
<i>2 cans tomato soup</i>	<i>2 - 28 oz. bottles catsup</i>
<i>3 bottles barbecue sauce</i>	<i>Salt &amp; pepper, to taste</i>
	<i>1 to 2 T. chili powder (optional)</i>

Mix all together and put into one large roaster.

NOTE: I cut the recipe down to make for a meal with 3 lbs. hamburger. The longer you let it simmer, the better it is.

## **5 Meat Italian Pasta**

**Submitted by Colleen Nilson  
Wife of CPT Kerry Nilson**

<i>1 oz seasoned oil</i>	<i>1/8 C. diced yellow onion</i>
<i>1 tsp. chopped fresh garlic</i>	<i>1/8 C. quartered pepperoni</i>
<i>1/4 C. Italian sausage</i>	<i>1/4 tsp. salt, garlic salt, pepper</i>
<i>1/8 C. diced ham</i>	<i>4 oz. meat sauce</i>
<i>Sprinkle of bacon, cooked and crumbled (can use the real crumbled bacon in a jar)</i>	<i>8 oz. cooked bow tie pasta</i>
<i>1/8 C. diced green peppers</i>	<i>1/8 C. asiago cheese</i>
	<i>1 T. Parmesan cheese</i>

In a warm sauté pan combine oil, garlic, sausage, ham, bacon, pepperoni, onions, peppers, sauté mixture. Sauté until onions become tender. Don't over cook because the garlic will become bitter tasting. Add sauce and pasta, toss and plate. Garnish with shredded asiago and Parmesan cheese.

## **Bacon Cheeseburger Roll-up**

**Submitted Brenda Mason  
Mother of SGT Adam Mason**

<i>1 lb. ground beef</i>	<i>1/2 lb. cheese, cubed</i>
<i>4 slices bacon, chopped</i>	<i>1 pkg. refrigerated pizza crust</i>

Brown ground beef and bacon. Add cheese and cook & stir until melted.

Press pizza dough into 15 x 8 pan or oiled baking sheet. Spread evenly with meat mixture. Roll up dough, starting on long side. Place seam down.

Bake at 350° for 20 minutes or until golden brown.

## **Barbecued Ribs**

**Submitted by Joni Grocott  
Mother of SPC Dennis Grocott**

<i>4-5 lbs Pork Country Style Ribs</i>	<i>Salt &amp; Pepper to Taste</i>
<i>3 T. Brown Sugar</i>	<i>1 C. Ketchup</i>
<i>3 T. Vinegar</i>	<i>3 T. Butter</i>
<i>4 T. Real Lemon Juice</i>	<i>1 Lg Onion - chopped</i>
<i>1 T. Mustard</i>	<i>1/2 C. Water</i>
<i>1 T. Worcestershire Sauce</i>	

Brown ribs and bake in slow oven at 300° for 3 hours. Drain. Brown onion in butter. Mix brown sugar, vinegar, real lemon, mustard, Worcestershire, ketchup, water and salt & pepper. Add to browned onions. Simmer for 20 minutes. Pour over drained ribs. Bake 1 hour at 350°

## **Barbequed Hamburger Crispies**

Submitted by Colleen Zimmerman  
Aunt of SFC Jay Roberts

<i>1 1/2 lbs. ground beef</i>	<i>Sauce:</i>
<i>1 tsp. salt</i>	<i>3 T. brown sugar</i>
<i>1 egg</i>	<i>1/4 tsp. nutmeg</i>
<i>1/4 tsp. pepper</i>	<i>1/4 C. ketchup</i>
<i>1 C. rice krispies cereal</i>	<i>1 tsp. dry mustard</i>
<i>1 T. chopped onion</i>	

Mix ingredients together; shape into large meatballs and place in greased muffin tins. Mix sauce ingredients (brown sugar, nutmeg, ketchup & mustard) together and spoon over the top of meatballs. Sprinkle rice krispies over the top of the sauce. Bake at 400° for 30 minutes.

## **Barbequed Roast Elk (or Deer)**

Submitted by JoAnn Linn  
Wife of MAJ Jim Linn

<i>***Requires marinating ahead of time***</i>	<i>2 onions, sliced</i>
	<i>3 bay leaves</i>
<i>3 lbs. round, leg, or rump roast</i>	<i>Salt &amp; pepper to taste</i>
<i>12 oz. can of beer</i>	<i>2 C. barbecue Sauce</i>
<i>3 cloves garlic or 1 1/2 tsp. minced garlic</i>	

Mix beer, garlic, salt & pepper, onions & bay leaves. Add Elk meat, should be completely covered. Marinate in fridge 12 - 24 hours, turning occasionally. Remove elk & onions from marinade and place in crock-pot, toss the marinade. Pour 1 cup BBQ sauce over top of the meat. Cover and cook on low 10 - 12 hours. Serve with remaining BBQ sauce.

## **BBQ Ribs**

**Submitted by Traci Jensen  
Wife of SGT Kurt Jensen**

*Ribs of your choosing*

*Beer*

*Water*

*1 C. Brown Sugar*

*1 C. Sugar*

*Honey*

*Ol West BBQ Sauce*

*Garlic*

*Chili powder and black pepper  
to taste*

Fill large pot to cover ribs with 1 part beer 1 part water and bring to a boil. Add ribs to pot and boil just long enough to brown ribs, approximately 10 minutes. Lay ribs out on tin foil. Combine brown sugar, sugar and spices. Rub mixture into meat. Drizzle honey over meat and rub in. Brush BBQ sauce over meat to coat. Grill tin foil wrapped ribs until cooked thoroughly.

## **BBQ Ribs**

**Submitted by Joe and Jan Schlimgen  
Parents of SSG Nathan Schlimgen**

*3 lbs. of country style pork ribs    64 oz. Cookies BBQ sauce*

*1-1 1/2 onion (adjust to your  
liking)*

Trim the fat. and parboil the ribs. Arrange the ribs in a 9x13 pan and cover with the BBQ sauce. Bake at 275° to 300° for 4 hours. Check that sauce is covering the ribs.

*Be patient with the faults of others,  
they have to be patient with yours.*

## **Beef Bulgogi (Korean BBQ)**

Submitted by Colleen Nilson,  
Wife of CPT Kerry Nilson

<i>2-3 lbs. beef (I use flank, sirloin or rib steak)</i>	<i>1 T. sesame oil</i>
<i>green onions, the green part, chopped, add after cooking</i>	<i>2 T. sugar</i>
<i>2 tsp. sesame seeds</i>	<i>1 C. soy sauce</i>
	<i>8 T. cloves garlic, minced</i>
	<i>Green onions, the white part</i>

Trim off any fat first and discard. Cut beef into small strips or bite size pieces and soak in marinade (Marinade: sugar, soy sauce, garlic and onions) for 2 hours. Heat wok, fry pan or grill (instructions for grill are at the bottom of recipe). Cook marinated beef until desired doneness in marinade sauce. In the wok or fry pan add sesame oil and sesame seeds to beef and heat through. Take off heat and add green part of the green onions. \* If cooked on outdoor grill then the meat needs to be cut into bigger strips to cook on outdoor grill or can be skewered for kabobs. Baste meat often with marinade and sprinkle with sesame seeds. Serve Beef Bulgogi with plain rice or noodles. Serves 4+

## **Beef Stroganoff**

Submitted by Gary and Glenda Weidler  
Parents of SGT Brent Weidler

<i>2 lbs. of round steak (cut into small cubes)</i>	<i>1 can cream of chicken soup</i>
<i>3 T. chopped onion</i>	<i>1/2 can of water</i>
<i>1 can cream of mushroom soup</i>	<i>Sour cream</i>
<i>1 tsp. garlic salt or powder</i>	<i>Pepper</i>

Brown: 2 lbs. of round steak (that has been cut into small cubes) along with 3 T. chopped onion. Add: 1 can cream of mushroom soup, pepper and 1 tsp. garlic salt or powder, 1 can cream of chicken soup, 1/2 can of water or more if seems too thick. Simmer till meat is tender approximately 2hrs. Add: Sour Cream to thicken before serving. (don't cook just heat once sour cream has been added) Serve over noodles or rice. Serves 6

## **BEEF STROGANOFF**

Submitted by Pam Lewis  
Mother of SSG Eric Lewis

<i>1 lb. tenderloin tips (Beef or Deer) or can use ground beef</i>	<i>1 can beef broth</i>
<i>1/2 stick margarine or butter</i>	<i>1 C. sour cream</i>
<i>1 can mushrooms</i>	<i>2 T. flour</i>
<i>1/2 C. chopped onions</i>	<i>Salt &amp; pepper</i>

Brown meat, salt, pepper in butter (unless using ground beef). Push meat aside and cook onions and mushrooms. Add beef broth and simmer all together. Just before serving, add flour to thicken. Stir in sour cream, salt, pepper. Serve over rice or noodles.

## **Best Ever Egg Salad Sandwiches**

Submitted In Honor of SPC Daniel Noeldner

<i>12 slices bacon</i>	<i>1/2 C. mayonnaise</i>
<i>8 large hard boiled eggs, peeled, chopped</i>	<i>1 T. Dijon mustard</i>
<i>1/3 C. chopped celery</i>	<i>12 slices white sandwich bread, toasted</i>
<i>1/4 C. chopped pimiento-stuffed green olives</i>	

Sauté bacon in heavy large skillet over medium heat until brown and crisp, about 8 minutes. Using slotted spoon transfer bacon to paper towels to drain. Cut bacon slices crosswise in half. Combine chopped eggs, celery, and olives in bowl. Mix in 1/4 cup mayonnaise and mustard. Season with salt and pepper. Place toast slices on work surface; spread lightly with remaining mayonnaise. divide egg salad among 6 toast slices. Place 4 bacon pieces, then 2 lettuce leaves atop egg salad on each. Cover with remaining toast slices, mayonnaise side down.



## **Best Taverns**

Submitted by Connie Blaha  
Sister of SFC Douglas Andersh

<i>3 lbs. ground beef - browned</i>	<i>1 C. ketchup</i>
<i>3/4 C. chopped onion</i>	<i>1 can tomato soup (10 3/4 oz)</i>
<i>1 T. chili powder</i>	<i>1 can chicken gumbo soup (10</i>
<i>2 T. brown sugar</i>	<i>3/4 oz)</i>

Brown ground beef. Add remaining ingredients. Bake 1 hour at 275° or in a crock pot.

## **Big Chunk Hot Dish**

Submitted by Chris Pospishil  
Wife of SGT Scott Pospishil

<i>1 lb. hamburger</i>	<i>1 C. celery</i>
<i>1 med. onion</i>	<i>1 can tomato soup</i>
<i>1 C. diced carrots</i>	<i>1 can celery soup</i>
<i>1 C. diced potatoes</i>	

Brown hamburger and onions together, drain fat. Pour into small roaster.

Add diced vegetables, soup and approximately one can of water to desired thickness.

Bake in 350° oven for about 2 hours. This is one of our family favorites!

## **Biscuit Casserole**

Submitted in Honor of SPC Seth Lohre

<i>Refrigerator biscuits</i>	<i>1 can of cream of chicken soup</i>
<i>1 1/2 lb. hamburger (browned w/onion)</i>	

In a 9 x 13 greased pan, put the refrigerator biscuits (if small biscuits use 2 containers - if large use 1).

Put the browned hamburger on top of the biscuits then then the soup on the top of that.

Put in a 350° oven until the biscuits are done.

## **Blackberry-Glazed Smoked Ham**

Submitted by Tammy Chase  
Wife of Retired ISG Brian Chase

<i>1 - 6 to 8 lb. cook ham shank</i>	<i>1/4 C. coarse-grain brown mustard</i>
<i>1 1/2 C. seedless blackberry jam (or choice of flavor)</i>	<i>2 T. balsamic vinegar</i>

Bring the jam, mustard & vinegar to a boil and then put on simmer.

Score ham making shallow cuts in diamond patterns. The ham only needs to be heated.

We grill the ham and we brush the ham with the sauce about every 15-20 minutes. Heat the ham till heated all the way through (2 hours on low heat).

Use the extra sauce to drizzle on individual ham slices.

## **Bowtie Festival**

Submitted by Colleen Nilson  
Wife of CPT Kerry Nilson

<i>1 oz. butter</i>	<i>3 oz. cooked boneless skinless chicken breast</i>
<i>1 tsp. chopped fresh garlic</i>	<i>1 oz. heavy whipping cream</i>
<i>1/8 C. diced red onion</i>	<i>3 oz. alfredo sauce (use separate recipe listed)</i>
<i>1/8 C. diced crumble cooked bacon (can use precooked real crumbled bacon pieces from a jar)</i>	<i>1/8 C. asiago cheese</i>
<i>1/4 C. diced roma tomato</i>	<i>1/2 tsp. salt, pepper, garlic salt</i>
	<i>10 oz. precooked bowtie pasta</i>

In a heated sauté pan combine butter, garlic, onions and precooked bacon, tomatoes, precooked chicken and spice mixture. When onions are tender, add heavy whipping cream and asiago cheese. Once cheese and cream have reduced by half, add Alfredo sauce and bow tie pasta. Toss until well combined and remove from heat. Allow to cool for a few minutes so the cheese and sauce thicken.

## **Burritos**

Submitted by Diane Borgheiinck  
Mother of PFC Daniel Borgheiinck

- |   |  |
|---|--|
| <i>1 lb Cheddar Cheese- shredded</i>      | <i>2 Tomatoes- diced</i>               |
| <i>1 pkg. small Flour Tortillas</i>       | <i>Head Lettuce- shredded</i>          |
| <i>1 can of Refried Beans</i>             | <i>Sour Cream</i>                      |
| <i>1 can Spanish Rice</i>                 | <i>1 Jar Heinz Brown Gravy} Mix</i>    |
| <i>1 pkg. Taco Seasoning</i>              | <i>the Gravy &amp; Enchilada Sauce</i> |
| <i>1 medium/ large Onion-<br/>chopped</i> | <i>together in separate bowl and</i>   |
| <i>1 Green Pepper- chopped</i>            | <i>set aside to be used towards</i>    |
| <i>1 lb Ground Beef</i>                   | <i>end of recipe.</i>                  |
|   | <i>1 Can Enchilada Sauce</i>           |

Brown ground beef with chopped onions & green peppers, drain grease. Add taco seasoning package cook according to package directions. Add refried beans & spanish rice then simmer for 20 minutes.

Remove from heat. Place 1/4 cup mixture onto each tortilla & roll up tortilla. Place a small amount of the gravy mixture on the bottom of 9 x 13 pan. Place the stuffed & rolled tortillas on the bottom of the pan. Pour the rest of the gravy mixture over top of rolled tortillas in pan. Place cheddar cheese on top. Seal the top with tin foil to avoid tortillas from drying out. Bake 30 minutes at 350°.

Serve with Lettuce, Tomatoes & Sour Cream

## **Cajun Pork Roast**

Submitted In Honor of SSG James Gilles

- |   |                              |
|---|------------------------------|
| <i>2 lbs. pork roast (bone or<br/>boneless)</i> | <i>2 tsp. thyme</i>          |
| <i>2 T. paprika</i>                             | <i>1/2 tsp. salt</i>         |
| <i>1/2 tsp. red pepper (cayenne)</i>            | <i>1/2 tsp. white pepper</i> |
| <i>1 T. garlic powder</i>                       | <i>1/2 tsp cumin</i>         |
| <i>2 tsp. oregano</i>                           | <i>1/4 tsp. nutmeg</i>       |

Combine all seasonings and rub well over all surfaces of roast. Place roast in shallow pan and roast in 250° oven for about one hour or more, until internal temperature is 155 - 160°. Remove from oven, let rest 5 - 10 minutes before slicing.

Note: we also grill the roast until the internal temperature is 155 - 160°.

## **Cheeseburger Mac**

Submitted by Melinda Lewis  
Wife of SSG Eric Lewis

<i>1 lb. ground Beef</i>	<i>1/4 C. green onion slices</i>
<i>3/4 C. milk</i>	<i>1 pkg. (12 oz.) Velveeta Shells &amp; Cheese Dinner</i>
<i>1/3 C. ketchup</i>	
<i>1 medium tomato, chopped</i>	

Brown hamburger in large skillet; drain. Add 1 1/4 cups water, milk, and ketchup. Bring to a boil. Stir in Shell Macaroni; return to boil. Reduce heat to medium-low; cover. Simmer 10 minutes or until macaroni is tender. Add cheese sauce, tomato, and onions; stir until well blended. Then serve! (Makes 4 servings)

## **Cheesey Tator Tot Hotdish**

Submitted in Honor of SSG Ryan Briggs

<i>2 lb. hamburger browned w/onion</i>	<i>1 C. milk</i>
<i>1 can french green beans, drained</i>	<i>1 c. shredded cheese</i>
<i>1 can cream of mushroom soup</i>	<i>1 lb. tator tots</i>
	<i>french onions</i>

In a 9 x 13 pan put the drained green beans on the bottom. Next, put the browned hamburger. Add the tator tots.  
In a bowl mix the soup, milk and cheese together. Pour over the tator tots.

Put on french onions.

Bake at 350° for 40 minutes to 1 hour. Uncover for the last 20 minutes.

Let stand for 5 to 10 minutes before serving.

## **Cheesy Ham and Hashbrown Casserole**

**Submitted by Jamie Kenny  
Wife of CPT Sean Kenny**

- |  |   |
|--|---|
| <i>1 (32 ounce) pkg. frozen hash brown potatoes</i>      | <i>1 (16 oz.) container sour cream</i>    |
| <i>8 oz. cooked, diced ham</i>                           | <i>2 C. shredded sharp Cheddar cheese</i> |
| <i>2 (10.75 oz.) cans condensed cream of potato soup</i> | <i>1 1/2 C. grated Parmesan cheese</i>    |

Preheat oven to 375 degrees F (190 degrees C). Lightly grease a 9x13 inch baking dish.

In a large bowl, mix hash browns, ham, cream of potato soup, sour cream, and Cheddar cheese. Spread evenly into prepared dish. Sprinkle with Parmesan cheese.

Bake 1 hour in the preheated oven, or until bubbly and lightly brown. Serve immediately.

## **Chicken and Rice**

**Submitted by Deb Harmel  
Mother of SPC Matthew Harmel**

- |  |                                       |
|--|---------------------------------------|
| <i>1 C. long grain raw rice</i>          | <i>1 can cream of mushroom soup</i>   |
| <i>1 pkg. dry onion soup</i>             | <i>1 can of cream of chicken soup</i> |
| <i>Chicken breasts or cut up chicken</i> | <i>1 can water</i>                    |

Sprinkle the rice and onion soup mix in the bottom of a 9 x 11 buttered cake pan. Lay either cut up chicken pieces or chicken breasts on top of the rice. (I spray with a little pam or drizzle with butter so the chicken does not dry out.)

Mix together the cream of mushroom soup, cream of chicken soup and water.

Pour over the chicken.

Cover pan with foil and bake at 300° for 2 1/2 - 3 hours. Take off the foil for the last 1/2 hour so the chicken browns.

## **Chicken Casserole**

Submitted by John & Kathleen Hanson  
Parents of SGT Chad Hanson

<i>2 - 10 3/4 oz. cans cream of chicken soup</i>	<i>Pepper</i>
<i>1 1/3 C. uncooked rice</i>	<i>Butter</i>
<i>1 - 1 oz. pkg. dry onion soup mix</i>	<i>1 - 3/4 lb. chicken (whole cut up fresh chicken).</i>
<i>1 2/3 (18 oz.) soup cans of water</i>	

Mix first 4 ingredients and place in a greased 9 x 13 pan.  
Layer chicken over the rice mixture, pepper the top and dot with butter.  
Bake covered for 2 1/2 hours and uncover for 30 minutes more.  
Bake in a 325° oven.

## **Chicken Dinner**

Submitted by Sharon Brockhaus  
Mother of SPC Lucas Brockhaus

<i>1 chicken</i>	<i>1 C. sour cream</i>
<i>2 cans cream of chicken soup</i>	<i>Onion</i>
<i>1/2 C. milk</i>	<i>Potatoes</i>

Butter a roaster.  
Layer one: chicken with bone side down.  
Layer two: onion  
Layer three: peeled potatoes (chunked or sliced)  
Mix soup, milk, and sour cream together and pour over the top.  
Bake at 350° for 2 hours.

## **Chicken Enchiladas**

**Submitted by Deb Harmel  
Mother of SPC Matthew Harmel**

<i>2 large cans of chicken or 4 chicken breasts cooked and shredded</i>	<i>8 oz. picante sauce or salsa</i>
<i>1 can cream of mushroom soup</i>	<i>1 tsp. chicken bouillon in 1/2 C. water</i>
<i>12 oz. sour cream</i>	<i>shredded cheese</i>

Mix all chicken, soup, sour cream, sauce and bouillon together and divide into 1/2 in two containers.

To one bowl: add cheese.

Spread into 8 - 10 tortillas. Roll up and place in 8 x 10 cake pan that has been sprayed.

Spread remaining sauce over the top and sprinkle with the rest of the cheese.

Bake for 40 minutes at 350°

## **Chicken Enchiladas**

**Submitted by Jamie Bortnem  
Girlfriend of SGT Daniel Anderson**

<i>1 chicken cooked and chopped up (or 3# chicken breast)</i>	<i>8 oz. mild green chilies</i>
<i>2 cans cream of chicken soup</i>	<i>10-12 taco sized tortillas</i>
<i>1 C. sour cream</i>	<i>8 oz shredded Mozzarella</i>
<i>1 tsp. minced onion</i>	<i>4 oz shredded cheddar</i>
	<i>4 oz of Mozzarella</i>

Mix together the chicken, cream of chicken soup, sour cream, onion and green chilies

Put a little of this mixture on the bottom of a 9X13 pan

Fill 10-12 taco sized tortillas with shredded mozzarella, shredded cheddar and the meat mixture from above.

Roll up each tortilla and place in pan.

Top everything with 4 oz of Mozzarella

Bake 30-40 min at 350° until cheese is melted

## **Chicken Lettuce Wraps/Romain Canoes**

Submitted by Colleen Nilson

Wife of CPT Kerry Nilson

- |  |   |
|--|---|
| <i>3 lbs. frozen boneless, skinless chicken breasts</i>  | <i>1 T. or more sesame seeds</i>  |
| <i>1 small can water chestnuts, drained and chopped (opt)</i>  | <i>1 tsp. or more red pepper flakes (season to taste)</i>   |
| <i>1 bag Romain (long leaves), washed with core end chopped off (can use any type of large lettuce type leaf desired instead.)</i> | <i>1 tsp. or more chili oil (season to taste)</i>   |
| <i>Stir fry sauce:</i>   | <i>1-2 tsp. minced ginger</i>   |
| <i>1/2 C. water (may need to keep adding more water as it is cooking, may steam out)</i>   | <i>*Add the following two condiments to the table when serving so individuals can use, if desired</i> |
| <i>2 tsp. cornstarch</i>   | <i>1 bottle Newman's Own Low Fat Sesame Ginger Dressing</i>   |
| <i>2/3 C. soy sauce</i>  | <i>1 bottle of spicy peanut sauce</i>   |
| <i>1/2 C. sugar</i>  | <i>1/2 C. or more slivered or coarsely chopped almonds and/or peanuts (opt)</i>                       |
| <i>1/2 C. white vinegar</i>  | <i>Shredded carrots (opt)</i>   |
| <i>1-2 tsp. sesame oil</i>   | <i>Green onions (opt)</i>   |

Boil or bake frozen chicken breast until cooked through. Cut into large cubes and set a side. Add stir fry ingredients together in a large pan and heat over the stove. Add cubed cooked chicken to sauce and heat through. Add water chestnuts, if desired. Serve at table with everyone making their own canoes starting with one piece of Romain, then adding some chicken/stir fry going down the center, then a little of the two sauces. Can topped with a few sprinkled chopped nuts if desired and some shredded carrots (opt) and green onions (opt).



## **Chicken Marsala**

Submitted by Colleen Nilson  
Wife of CPT Kerry Nilson

- |  |  |
|--|--|
| <i>1 oz. seasoned oil</i>                          | <i>10 oz. cooked fettuccine pasta</i>            |
| <i>1 C. sliced fresh mushrooms</i>                 | <i>3 oz. Marsala wine</i>                        |
| <i>1/2 tsp. pepper, salt and garlic salt</i>       | <i>1/2 C. lemon butter (use separate recipe)</i> |
| <i>3 oz. precooked warm breaded chicken breast</i> |  |

In a heated sauté pan combine oil, mushrooms, spice mixture and chicken breast. Sauté until the ingredients are well heated and the mushrooms begin to darken. Add Marsala wine and allow to reduce by 3/4s. Remove from heat and fold in lemon butter. Serve over a bed of warm fettuccine pasta. Recipe size is for a serving for 1 person. Take the recipe times how many people you want it to serve so adjust accordingly.

## **Chicken Mozzarella**

Submitted by Colleen Nilson  
Wife of CPT Kerry Nilson

- |  |  |
|--|--|
| <i>3 lbs. skinless boneless chicken breast</i> | <i>2 tsp. paprika</i>                    |
| <i>1 1/3 C. Bisquick baking mix</i>            | <i>1/2-1 tsp. pepper</i>                 |
| <i>4 T. grated Parmesan cheese</i>             | <i>1-2 bottles of chili sauce</i>        |
| <i>2-4 tsp. Italian seasoning</i>              | <i>1-2 C. shredded mozzarella cheese</i> |

Spray bottom of a 9x13 inch glass pan generously with oil. Mix Parmesan cheese, Bisquick, Italian seasoning, paprika and pepper. Coat chicken in breading then place in baking dish. Bake at 425° for 45 minutes. Turn chicken, then pour chili sauce on each chicken breast and sprinkle with mozzarella cheese. Bake until cheese is melted, about 5 minutes. Sprinkle with parsley or oregano before serving.

## **Chicken Penne Gorgonzola**

**Submitted by Colleen Nilson  
Wife of CPT Kerry Nilson**

<i>1 tsp. chopped fresh garlic</i>	<i>1 oz. heavy cream</i>
<i>1 C. sliced mushrooms</i>	<i>3 oz. Alfredo sauce (use separate recipe)</i>
<i>3 oz. chicken breast, boneless and skinless</i>	<i>1/4 C. Gorgonzola cheese</i>
<i>1/2 tsp. salt, pepper, garlic powder</i>	<i>10 oz. cooked penne pasta</i>
	<i>1/8 C. diced roma tomatoes</i>

In a heated sauce pan, combine butter, garlic, chicken, mushrooms, spice mixture. Once mushrooms begin to soften and garlic becomes translucent, add heavy cream and gorgonzola cheese. As cheese dissolves into the dish, add alfredo and penne pasta. Once dish is fully sautéed and combined well, remove from heat and allow to slightly cool to thicken. Top with diced parsley and roma tomatoes. Recipe for 1 person. Take recipe times how many people you want it to serve, so adjust recipe size accordingly.

## **Chicken Salad Sandwich**

**Submitted by Patty Hendrix  
Aunt of SGT Travis Boggs**

<i>1 1/2 lbs. chicken breast, cooked &amp; diced</i>	<i>8 oz. cream cheese, softened</i>
<i>4 oz. celery, diced</i>	<i>8 oz. mayonnaise</i>
<i>4 oz. green onion, sliced include tops</i>	<i>1/4 tsp. seasoned salt</i>
<i>4 oz. red pepper, diced</i>	<i>1/4 tsp. white pepper</i>
<i>4 oz. almonds, toasted</i>	<i>1/4 tsp. Worcestershire Sauce</i>

Line a croissant with leaf lettuce.

Scoop of chicken salad.

Place a generous portion of alfalfa sprouts on top of salad.

Cut sandwich in half.

Secure with frill picks, skewer olives for garnish.

A pickle fan can garnish plate.

## **Chicken Saltimboca**

Submitted by Kristi Koll  
Wife of SSG Adam Koll

<i>4 (5 ounce) chicken breasts</i>	<i>1/2 oz. capers</i>
<i>4 thin slices Prosciutto ham</i>	<i>4 oz. white wine</i>
<i>1 T. fresh sage</i>	<i>2 oz. fresh lemon juice</i>
<i>3 oz. olive oil</i>	<i>2 oz. heavy cream</i>
<i>1 oz. all-purpose flour</i>	<i>1 T. butter</i>
<i>5 oz. artichoke hearts, quartered</i>	<i>1 T. salt</i>

- Lightly salt chicken breasts. Sprinkle evenly with chopped sage. Place sliced Prosciutto on top the chicken and pound it into the breast until the thickness of the chicken measures 3/8-inch.

- Meanwhile, heat olive oil in a sauté pan. Lightly flour chicken pressed with prosciutto. Place in heated oil, Prosciutto side down. Brown one side, turn and brown the other side. Drain off excess oil, and deglaze with 4 oz. of white wine. Add artichokes, fresh lemon juice, cream, and butter and cook until sauce is thickened.

- On a large platter, place chicken breasts topped with reduced sauce and garnish with capers.

## **Chicken Stir Fry**

Submitted by Julie Meirose  
Mother of SPC Anthony Meirose

<i>Chicken pieces</i>	<i>Sauce:</i>
<i>2 T. oil</i>	<i>1 1/2 C. chicken broth</i>
<i>Vegetables</i>	<i>3 T. soy sauce</i>
	<i>3 T. corn starch</i>
	<i>2 tsp. brown sugar</i>

Cook chicken pieces in the oil.  
Add vegetables of choice and sauté.  
Add sauce mixture.  
Serve over rice.

## **Chicken Taquitos**

**Submitted by Colleen Nilson  
Wife of CPT Kerry Nilson**

*6 boneless skinless chicken  
breasts, baked or boiled, then  
shredded or diced*

*10 + corn and/or flour shells*

*Vegetable or canola oil for  
cooking (enough to cover 1 or  
so inches on the bottom of  
the fry pan)*

*Select toppings you prefer:*

*Shredded cheese*

*Lettuce*

*Green onion*

*Tomato*

*Salsa*

*Black olives*

*Sour cream*

*Guacamole*

Cook chicken, then shred or cube into bite size pieces. With tongs, place one tortilla shell in about an inch of hot oil in a fry pan on medium heat for just a few seconds to soften, then take out quickly and drain on a paper towel. Next place a little chicken in the softened tortilla and roll tightly and secure with a tooth pick or a tied string, Make as many of these as needed and place a few at a time in the hot oil for a minute or so on all sides until golden brown, crispy, but not burned. Remove tooth picks or cut strings before serving with toppings of choice.

*Ideas are funny little things,  
they don't work unless you do.*

## **Chicken Tetrazzini**

Submitted by Marlys Fisher  
Mother of CPT Damien Fisher

<i>1/2 C. sliced onion</i>	<i>3 C. cubed cooked chicken or turkey</i>
<i>1/4 C. margarine or butter</i>	<i>1/2 C. chopped fresh parsley</i>
<i>1/4 C. flour</i>	<i>1/2 c. grated Parmesan cheese</i>
<i>1/2 tsp. salt</i>	<i>1 (7 oz.) pkg. spaghetti, cooked and drained</i>
<i>1/2 tsp. ground sage</i>	<i>1 (2 oz.) jar diced pimento, drained</i>
<i>1/4 tsp pepper</i>	<i>2 oz. (1/2 C.) shredded Swiss cheese</i>
<i>2 C. chicken broth</i>	
<i>1 C. milk</i>	
<i>1 (4.5 oz.) jar mushrooms, drained</i>	

Heat oven to 350°. In a large saucepan over medium heat, cook onions in margarine until tender. Stir in flour, salt, sage and pepper. Cook until bubbly. Stir in broth, milk and mushrooms. Cook and stir until mixture boils and is slightly thickened. Stir in remaining ingredients except Swiss cheese.

Spoon into ungreased 12 x 8 (2 qt.) baking dish; sprinkle with Swiss cheese. Bake uncovered at 350° for 20 to 30 minutes until hot and bubbly. If desired, sprinkle with chopped parsley. Serves 6 to 8 people.

*If you must strain your eyes,  
do it looking on the bright side.*

## **Colleen's Lasagna**

**Submitted by Colleen Nilson  
Wife of CPT Kerry Nilson**

- |  |  |
|--|--|
| <i>1 lb. uncooked lasagna noodles</i>                    | <i>Chopped onion (brown with hamburger)</i>                |
| <i>2 lb. hamburger</i>                                   |  |
| <i>2 pkg. dry spaghetti sauce mix (like Schilling)</i>   | <i>1 16 oz. carton of cottage cheese or ricotta cheese</i> |
| <i>2 sm cans tomato paste + 5 cans filled with water</i> | <i>2 C. grated Parmesan cheese</i>                         |
|  | <i>2+ lbs. shredded mozzarella cheese</i>                  |

Boil noodles according to package. Rinse and cool. Mix next 5 ingredients. Grease a 9x13 inch (or larger) and deep pan and layer a little sauce on the bottom. Then start with 1/3 of the noodles (laying side by side to completely cover layer), 1/3 of the sauce and 1/3 of the mozzarella cheese and soft cheese (just spoon and drop randomly and evenly around). Repeat 2 more times. Top with Parmesan cheese. Bake for 40 minutes at 350°. Let stand 15 minutes or more before cutting into squares. This will help the filling to cool and set so it won't slide as easily and fall part. Serves 9+ people

## **Corn Casserole**

**Submitted by Wayne & Carol Hoines  
Father & Step-mother of CPT David Hoines.**

- |                                   |   |
|-----------------------------------|---|
| <i>1 can Cream corn</i>           | <i>1 C. Cheese whiz</i>                 |
| <i>1 can Corn</i>                 | <i>1/2 C. Butter</i>                    |
| <i>1/2 C. Green pepper (fine)</i> | <i>1 C. Macaroni (cook &amp; drain)</i> |
| <i>1/2 C. Chopped onion</i>       |   |

Mix corn and macaroni in a greased casserole dish. Pour remaining ingredients (mixed together) over and bake 350° for 1 hour.

## **Creamed Eggs on Toast**

Submitted by Colleen Nilson  
Wife of CPT Kerry Nilson

4-8 eggs	1/2 tsp. salt
2-4 Budda beef packages	1/4-1/2 tsp. pepper
Medium white sauce:	2 C milk (more or less
2 T.-1/4 C. butter	depending on how thick or
1/2 C. flour	thin you want the white
	sauce)

Start by boiling eggs for about 10 minutes, drain water, then immediately shell for easier peeling. Cool. Slice in half then remove cooked yolks and set them aside for now. Dice egg whites into bite size pieces. Set aside for now. Grate or place cooked yolks in food processor until they are finely chopped, then set aside. Melt butter in a sauce pan over med heat. Add flour, milk, salt and pepper. Stir constantly until thick and bubbly, but be careful not to burn it (stir well, especially on the bottom to avoid burning sauce on the bottom of the pan). Add sliced bite sized meat and cooked bite size egg whites. Serve over 1-3 pieces of toast at a time per plate, per person. Can sprinkle cooked and finely chopped yolks over white sauce, on top of toast. (my kids love this recipe!)

## **Creamy Tater Tot Hot Dish**

Submitted by Katie Bragg  
Wife of SGT Dustin Bragg

1 lb. Ground Beef	1 8 oz. Sour Cream
1 Can Veg-All	1 8 oz. Package Shredded
1 Can Cream of Mushroom	Cheese
1 Can Cream of Celery	Tater Tots

Brown hamburger and season as desired. Drain hamburger and mix with Veg-All, Cream of Mushroom, Cream of Celery, and Sour Cream. Place mixture in 9X13 casserole dish. Top mixture with shredded cheese and layer with tater tots. Bake at 350° for 40-50 minutes and enjoy

## **Crock Pot Tots**

Submitted by Jane and Ann  
Sisters of 1LT John Hilton

<i>1 bag of frozen hash browns, thawed</i>	<i>1 can cream of chicken soup</i>
<i>Some sour cream</i>	<i>1 can cheddar cheese soup</i>
	<i>Some shredded cheese</i>

Mix and put in crock pot on low for 4-5 hours. The last hour or so you could also sprinkle some crunchy french fried onion rings on the top.

## **Crockpot Beef Stroganoff**

Submitted by Jamie Kenny  
Wife of CPT Sean Kenny

<i>1 lb. cubed beef stew meat</i>	<i>4 oz. cream cheese</i>
<i>1/2 C. chopped onion</i>	<i>1 (10.75 ounce) can condensed golden mushroom soup</i>
<i>1 T. Worcestershire sauce</i>	
<i>1/4 C. water</i>	

In a slow cooker, combine the meat, soup, onion, Worcestershire sauce and water.

Cook on Low setting for 8 hours, or on High setting for about 5 hours. Stir in cream cheese just before serving.

*Happiness is a place between too little and too much.*



## **Crusted honey Mustard Chicken**

**Submitted by Melinda Lewis  
Wife of SSG Eric Lewis**

<i>Cooking spray</i>	<i>1 medium scallion(s), finely sliced</i>
<i>2/3 C. lite honey mustard dressing</i>	<i>1 C. cornflake crumbs</i>
<i>1/8 tsp. table salt</i>	<i>1 lb. uncooked boneless, skinless chicken breast, four 4 oz. pieces</i>
<i>1/8 tsp. black pepper</i>	
<i>2 tsp. dill, freshly chopped</i>	

Preheat oven to 425°. Coat a shallow pan with cooking spray. In a small bowl, combine honey mustard dressing, salt, pepper, dill, and scallions; remove 1/3 cup and set aside.

Place cornflake crumbs in a shallow bowl. Dip chicken into dressing mixture and then cornflake crumbs; place in prepared pan.

Bake until chicken is golden and no longer pink in center, about 15 minutes.

Drizzle remaining dressing mixture (the 1/3 cup that was set aside) over chicken breasts and serve. Yields 1 piece of chicken and about 1 1/3 tablespoons of dressing per serving.

## **Dakota Dinner**

**Submitted by Colleen Nilson  
Wife of CPT Kerry Nilson**

<i>1 lb hamburger</i>	<i>1 can cream corn</i>
<i>4-5 potatoes, sliced</i>	<i>1/2 C. milk</i>
<i>1 onion</i>	<i>Salt and pepper to taste</i>

\*In place of cream corn and milk, can substitute 1 can tomato soup and 1 can well drained red kidney beans and chili powder seasoning, to taste.

Brown hamburger and onion, place in bottom of a greased 9x13 in baking dish. Place potatoes, thinly sliced, over hamburger. Mix and pour cream corn, milk, salt and pepper over the top. Bake at 350° for 1-1 1/2 hr or until potatoes are fork tender. Can cook in crock pot for 6 hrs over low heat.

## **Dry Rub for Pork**

Submitted by Tish Paye  
Mother of SGT Michael Paye

<i>2 T. Chinese Five Spice</i>	<i>1/2 tsp. pepper</i>
<i>1 tsp onion powder</i>	<i>1/2 tsp. dry mustard</i>
<i>1 t. garlic powder</i>	<i>1/8 tsp. cumin</i>
<i>1/2 tsp. ground ginger</i>	

Combine all ingredients in a small bowl. Rub over entire roast or chops and let rest 15 minutes on a rack. Place rack on baking pan and roast at appropriate temperature for the cut of pork used. Double recipe for large roast.

## **Easy & Quick Gyros**

Submitted by Colleen Nilson  
Wife of CPT Kerry Nilson

<i>2-3 lbs. steak (sirloin, flank, rib steak), cut into short thin strips</i>	<i>Tzatziki Sauce:</i>
<i>3 cloves garlic, finely chopped</i>	<i>1 C. low fat plain yogurt</i>
<i>1-2 tsp. dried oregano, crumbled</i>	<i>1 peeled and fine chopped cucumber</i>
<i>1 1/2 tsp. dried coriander or cilantro</i>	<i>1-2 T. finely chopped onion (opt)</i>
<i>1/2-1 tsp. salt</i>	<i>1/2 tsp. garlic powder</i>
<i>1/2-3/4 tsp. ground allspice</i>	<i>1-2 pkgs. of soft pita bread</i>
<i>spray oil</i>	<i>(warm them in the microwave or oven, keep covered)</i>

Spray oil into a non stick fry pan. Heat steak through in the fry pan with all the ingredients (except sauce ingredients) and cook to desired doneness. Spoon meat onto warmed individual pitas and top with Tzatziki cucumber sauce.

## **Easy Breakfast Squares**

Submitted In Honor of SGT Lynn Nelson

24 oz. shredded hash brown potatoes	9 - 12 eggs
2 C. diced ham	1/2 tsp. salt
6 oz. shredded cheddar cheese	1 C. milk
6 oz. shredded mozzarella cheese	1 medium onion finely chopped

Place thawed hash browns in a 9 x 13 pan. Sprinkle ham over the hash browns. Top the ham with the two cheeses. Beat eggs, add milk, salt, and onion. Pour over the top of the cheeses. Cover and refrigerate over night or at least for 3 hours. Bake at 350° for 1 hour or until set. Let stand for 5 - 10 minutes before cutting. Tastes great with salsa!

## **Easy Brunch Casserole with Stuffing**

Submitted by Jan Brandlee  
Mother of SSG Evan Brandlee

2 C. stuffing mix in the canister, any flavor	6 eggs
2 C. milk	1 C. shredded cheddar cheese
8 oz. bacon, cooked & crumbled or 1 1/2 C. cubed ham	1/2 tsp. salt

Mix all ingredients in large bowl. Spoon into greased 9x13 baking pan. Bake 45 to 50 minutes or until center is set. Can also add 1 cup chopped leftover cooked potatoes, if desired.

*The grass is greener on the other side,  
but it's just as hard to mow.*

## **Easy Country Style Ribs**

Submitted by Susan Paye  
Wife of SGT Michael Paye

*Favorite rub*

*Ribs*

*1/2 can of beer*

*Favorite bbq sauce*

*1/4 cup of mustard*

*1/4 cup pickle juice*

Place rub and ribs in a zip lock baggie. Dump in 1/2 can of beer, refrigerate over night.

Brown ribs on the grill.

In a foil pan mix the bbq sauce, mustard and pickle juice. Stir together well.

Add ribs and return to grill cover with tinfoil cook about 1 to 1 1/2 hours

## **Easy Jambalaya**

Submitted by Colleen Nilson  
Wife of CPT Kerry Nilson

*1-2 lbs. boneless skinless*

*chicken breast-cooked (can  
boil it or bake it) & cubed*

*1 ring bologna/smoked sausage-  
sliced in bite size pieces,  
browned in the pan*

*1 bell pepper-chopped*

*1-2 tomatoes-chopped*

*3 C. rice (I use Minute Rice)*

*Chicken broth to cover. (I like  
to use chicken bullion mixed  
with water.)*

*add to taste:*

*1/2-1 tsp. or so-paprika*

*Bay leaf or basil (use only a  
little of this)*

*Fresh minced garlic (can use a  
lot of this if you love garlic)*

*Red pepper flakes or Cheyenne  
pepper (this dish is good  
spicy, so add as much as you  
want!)*

*Tabasco sauce or some other  
hot sauce (if you like it spicy)*

*\*Can add seafood like shrimp,  
crab and lobster meat in place  
of chicken.*

Start in a big pot on the stove. Brown the sliced ring bologna. Add all of the ingredients to the pot and stir occasionally over med heat for about 30 minutes. The remaining liquid should be cooked off so the Jambalaya is not watery, but still moist.

## **EASY Scalloped Potatoes & Ham** **(For Crockpot)**

Submitted by Julie Stapleton  
In Honor of SGT Steven Lewis

*4 boxes of au gratin Betty  
Crocker potatoes*

*Ham/sliced or cubed*

Layer the potatoes, dry cheese powder, ham.  
Heat liquid ingredients and pour over potatoes  
Cook on low for 4 hours.

## **Easy Taco Casserole**

Submitted by Jody Unzen  
Wife of SGT LaRon Unzen

*2 lbs. hamburger*

*1 pkg. taco seasoning*

*1 - 8 oz. pkg. shredded  
american cheese*

*1 - 8 oz. pkg. nacho cheese  
doritos, crumbled*

*1 C. tomato juice*

Brown hamburger and drain.

Add tomato juice and seasoning mix. Simmer.

In a 9 x 13 inch pan, layer crumbled doritos, cheese, meat, cheese and doritos.

Bake for 15 minutes at 350°.

*The happiness of your life depends  
upon the quality of your thoughts.*

## **Eggs Newport**

Submitted by Marlys Fisher  
Mother of CPT Damien Fisher

- |   |                                  |
|---|----------------------------------|
| <i>1 can condensed cream of mushroom soup</i> | <i>1 T. chopped chives</i>       |
| <i>1 C. light mayonnaise</i>                  | <i>12 hard boiled eggs</i>       |
| <i>1 C. 1% low fat milk</i>                   | <i>1 lb. crispy cooked bacon</i> |

Blend soup and mayonnaise. Gradually add milk. Stir until blended. Add chopped chives. Slice the hard boiled eggs and layer them in a 2 qt. baking dish. Crumble the bacon in between layers and on top. Bake at 350° for 20 - 25 minutes. Serve over toast, biscuits or bread. Serves 8.

Optional: I add spinach or asparagus. This can also be made the day before and left in the refrigerator.

## **Eight-Hour Stew**

Submitted by Joann Stockland  
Mother of SSG Chad Stockland & SGT Dana Stockland.

- |  |                         |
|--|-------------------------|
| <i>2 lbs. stew meat, raw (I use round steak)</i> | <i>2 T. brown sugar</i> |
| <i>2 C celery, chopped or cut up</i>             | <i>4 tsp. salt</i>      |
| <i>1/2 med. onion, chopped</i>                   | <i>24 oz. V-8 juice</i> |
| <i>4 C. cubed potatoes</i>                       | <i>6 T. tapioca</i>     |
| <i>2 C. carrots, sliced</i>                      | <i>1 tsp. pepper</i>    |
| <i>32 oz. can tomatoes with juice</i>            |                         |

Put in Roaster: 2 lbs. stew meat raw, 2 C. celery, chopped or cut up, 1/2 med. onion chopped, 4 C. cubed potatoes, 2 C. carrots sliced. Mix together: 32 Oz. can tomatoes with juice, 2 T. brown sugar, 4 tsp. salt, 24 Oz. v-8 juice, 6 T. tapioca, 1 tsp. pepper. Pour over meat/vegetable mixture. Bake at 250° for 8 hrs. Don't PEEK!!!

## **Elegant Chicken**

Submitted by Pearl Munneke  
Grandmother of CPT Damien Fisher

<i>6 chicken breasts</i>	<i>1/2 can water</i>
<i>6 slices swiss cheese</i>	<i>1 stick oleo</i>
<i>2 cans chicken soup</i>	<i>1 pkg. pepperidge farm stuffing</i>

Lay chicken in 9 x 13 pan. Put swiss cheese on chicken. Mix soup, water, melted oleo and stuffing and put on top of chicken. Bake 1 1/2 hours at 325°. Cover with foil. Remove foil for last 1/2 hour.

## **Enchilada Casserole**

Submitted by Carissa Klages  
Wife to SGT Chad Klages

<i>1 can tomato soup</i>	<i>1 lb hamburger</i>
<i>1 can nacho cheese soup</i>	<i>1 pkg softshell taco shells</i>
<i>1 can mushroom soup</i>	<i>Shredded cheddar cheese or</i>
<i>2 cans enchilada sauce mild and</i>	<i>mexican</i>
<i>hot</i>	<i>Sour cream</i>
<i>1 can refried beans</i>	

Brown hamburger, mix refried beans and 1/2 can nacho cheese soup. Spoon into taco shells roll up and put into greased 9x13 pan. Mix together all soups, enchilada sauce, 1/2 each hot and mild , 1/2 can of nacho cheese soup Pour over taco shells put in oven for 1/2 hour at 350°, put cheddar cheese on top and put back in oven for 5 minutes serve with sour cream and lettuce.

## **Fettuccine Alfredo**

**Submitted by Judon Reinbold  
Wife of SPC Justin Reinbold**

*1/4 C. butter*

*1/2 C. Parmesan cheese*

*1/4 C. flour*

*1 1/2 C. half and half*

*1 1/2 C. chicken broth*

*Noodles*

Melt butter and stir in flour until well blended. Gradually stir in half and half and chicken broth. Cook until slightly thickened. Stir in Parmesan cheese. Pour over cooked noodles.

## **Frito Pie**

**Submitted by Denise VandenBerg  
Wife of SSG Wade VandenBerg**

*1 lb. hamburger*

*1 pkg. taco seasoning*

*Frito chips*

*2 C. cheddar cheese*

**Frito Pie**

Brown hamburger with taco seasoning, drain. Layer in small casserole dish:

Fritos

Meat

Cheese

Fritos

Bake @ 350° for 20 minutes.

## **Goulash**

**Submitted by Gloria Thornberry  
Step-mom of PVT Eric Thornberry**

*1 lb. hamburger*

*2 C. uncooked macaroni*

*1 can stewed tomatoes*

*1 sm. can tomato sauce*

*1 T. brown sugar*

*1 T. vinegar*

Brown hamburger, boil 2 qts. water, add macaroni and cook until tender. Drain. Add to browned hamburger, add tomatoes, sauce, brown sugar, and vinegar. Stir. Cook together until heated through and serve!



## **Goulash**

**Submitted by Gloria Thornberry  
Step-mom of PVT Eric Thornberry**

<i>1 lb. hamburger</i>	<i>1 sm. can tomato sauce</i>
<i>2 C. uncooked macaroni</i>	<i>1 T. brown Sugar</i>
<i>1 can stewed tomatoes</i>	<i>1 T. vinegar</i>

Brown hamburger. Boil 2 quarts of water and add macaroni - cook till tender. Drain, add to browned hamburger. Add tomatoes, sauce, brown sugar and vinegar. Stir. Cook all together till heated through. Serve!

## **Grilled Cheese Dippers**

**Submitted In Honor of PFC Timothy Harris**

<i>1 can Southwest style pepper jack soup</i>	<i>Bread or French bread</i>
<i>8 oz. Mexican style shredded cheese</i>	<i>1/2 stick butter, softened</i>

In a bowl, combine cheese soup and the shredded cheese. Spread mixture on bread. Butter the outside of the sandwiches.

Heat large frying pan or griddle over medium high heat. Place sandwiches in the pan and cook until golden brown, approximately 2 minutes. flip sandwiches and cook second side. Cover frying pan to ensure that the cheese melts.

Serve as "dunkers" with mugs SPICY TOMATOE CHEESE SOUP in the soup & salad section.

*A friend is a present you give yourself.*

## **Halibut in Cream Sauce**

**Submitted by Erin Schlimgen  
Wife of SSG Nate Schlimgen**

<i>2 (12 oz) pkgs frozen halibut steaks, thawed</i>	<i>1/4 C. butter</i>
<i>2 T. flour</i>	<i>1/3 C. dry white wine</i>
<i>1 T. sugar</i>	<i>2/3 C. milk</i>
<i>1/2 tsp. salt (or to taste)</i>	<i>Lemon wedges</i>

Pat the halibut steaks dry; place in slow cooker. In a small bowl, combine the flour, sugar and salt. In a sauce pan on stove top, melt the butter and slowly stir in the flour mixture. When well blended, add the wine and milk. Cook over medium heat until thickened, stirring constantly. Allow the mixture to boil for 1 minute while stirring. Pour the prepared sauce over the fish in slow cooker. Cover and cook on high for 2 1/2 to 3 hours. Garnish with lemon wedges when serving.

## **Ham And Asparagus Mornay**

**Submitted by Angie Haas  
Wife of SFC Adam Haas**

<i>4 T. Butter</i>	<i>1/4 tsp. Salt</i>
<i>3 T. All-purpose flour</i>	<i>1/4 tsp. White pepper</i>
<i>1 1/2 C. Milk</i>	<i>50 Cooked asparagus spears</i>
<i>1/2 C. Grated Parmesan cheese</i>	<i>10 Thin slices of ham</i>
<i>1/4 C. Dry white wine or chicken broth</i>	<i>1/2 C. Grated Swiss cheese</i>

For Mornay sauce, melt butter in a sauce pan over medium heat. Stir in flour. Add milk; cook stirring continuously until mixture is smooth and starts to boil. Add parmesan, wine, salt, and pepper. Remove from heat, let stand until cool. Preheat oven to 350°. Wrap 5 asparagus spears in each ham slice. Arrange seam side down in a large shallow baking dish. Spread sauce across center of each ham roll. Sprinkle swiss cheese over the rolls. Bake for 20 minutes. Broil for 1 minute, serve hot.

## **Ham and Cheese Casserole**

Submitted by Judon Reinbold  
Wife of SPC Justin Reinbold

<i>2 lbs. frozen hashbrowns</i>	<i>1 C. sour cream</i>
<i>2 C. diced ham</i>	<i>1 C. cream of chicken soup</i>
<i>1/4 C. diced onion</i>	<i>1 C. shredded cheddar cheese</i>
<i>1 can cream of celery soup</i>	

Put hashbrowns in 9X13 pan. Put ham on top. Mix onions, soups, and sour cream together and pour over ham. Bake at 350° for 1-1 1/2 hours. Put cheese over top when almost done.

## **Hamburger Rice Hotdish**

Submitted by Sharon Brockhaus  
Mother of SPC Lucas Brockhaus

<i>1 lb. hamburger</i>	<i>1 can chicken rice soup</i>
<i>1 C. celery</i>	<i>1 can cream of celery soup</i>
<i>2 C. water</i>	<i>4 T. soy sauce</i>
<i>1/2 C. rice</i>	<i>1 onion</i>

Brown hamburger. Mix all ingredients together and bake for 1/2 hour at 350°.

## **Hamburger Stroganoff**

Submitted by Barb Moen  
Mother of SPC Jonathan Moen

<i>1 10-oz. pkg. egg noodles, cooked</i>	<i>1 can cream of mushroom soup</i>
<i>1 1/2 lb. ground beef</i>	<i>1 can water or milk</i>
<i>1 small onion chopped</i>	<i>1 C. sour cream</i>
	<i>Salt and pepper to taste</i>

Brown ground beef with onion, salt and pepper. Drain and rinse. Add soup, water or milk and simmer for 15 min. Slowly add the sour cream and continue to cook until heated through. Serve over cooked noodles.

## **Hannah's Chicken Lasagna**

Submitted by Teresa Arbach  
Significant other of SSG Bill Andrews

- |   |   |
|---|---|
| <i>1-26 oz. can cream of chicken soup</i>                               | <i>1-4 oz. pkg. slivered almonds (optional)</i> |
| <i>4 cans chunk white chicken (or cooked chicken about 3/4 of meat)</i> | <i>2 C. grated colby cheese</i>                 |
| <i>1 can mushrooms (optional)</i>                                       | <i>2 C. grated Monterey jack cheese</i>         |
|   | <i>12 lasagna noodles</i>                       |

Dilute cream of chicken soup with a little milk; spread a little of this mixture in bottom of 9x13 pan. Then layer:

lasagna noodles

cream of chicken soup

chunk chicken

cheese

mushrooms & almonds (optional)

Keep building layers with cheese on top.

Bake at 350° for 1 hour

## **Hash Brown Bake**

Submitted by Jeannie Rainford  
Wife of SPC Clint Rainford

- |   |  |
|---|--|
| <i>1 bag of frozen hash browns</i>        | <i>12 oz. sour cream</i>                 |
| <i>1 12 oz. can cream of chicken soup</i> | <i>1 bag shredded cheese (2 C. size)</i> |
| <i>3 T. melted butter or margarine</i>    | <i>1/2 C. milk</i>                       |
| <i>1/4 C. dehydrated onions</i>           |  |

Put melted butter or margarine at the bottom of a 9x13 baking pan. Mix together the sour cream, soup, milk, onions and cheese and set aside. Put 1/2 of the frozen hash browns in the bottom of the pan and add 1/2 of the liquid mixture. Add the other 1/2 of the hash browns and remaining mixture to layer the pan. Bake at 350° for 1 hour. You may also add little smokies, ham, or any other kind of meat that you would like. You may need to add more milk.

## **Hash Brown Casserole**

Submitted in Honor of SGT Megan Christopherson

- |   |                                    |
|---|------------------------------------|
| <i>1 large pkg of hash browns</i>           | <i>1 can cream of chicken soup</i> |
| <i>1 lb. ground beef browned with onion</i> | <i>1/2 C. sour cream</i>           |
| <i>1 can cream of mushroom soup</i>         | <i>1 pkg. of cheddar cheese</i>    |

Put hash browns in buttered 9x13 pan. Top with beef. Combine soups and sour cream, spread over ground beef. Sprinkle with cheese. Bake at 350° for 45 minutes - 1 hour.

## **Hawaiian Meat Balls**

Submitted by Rhonda Martenson  
In Honor of SPC Robert Ramberg

- |   |                            |
|---|----------------------------|
| <i>1 1/2 lb. ground beef</i>                                | <i>2 T. cornstarch</i>     |
| <i>2/3 C. cracker crumbs</i>                                | <i>1/3 C. minced onion</i> |
| <i>1 - 13 1/2 oz. can pineapple tidbits (reserve syrup)</i> | <i>1/2 C. brown sugar</i>  |
| <i>1 egg</i>  | <i>1/3 C. vinegar</i>      |
| <i>1/4 C. milk</i>  | <i>1 T. soy sauce</i>      |
| <i>1 T. shortening</i>                                      |                            |

Mix beef, crumbs, onion, eggs, salt and milk. Shape into balls. Melt shortening in a large skillet; brown and cook meat balls. Remove meatballs from skillet, but keep warm. Drain fat from skillet. Mix cornstarch and brown sugar; stir in reserved pineapple syrup, vinegar and soy sauce until smooth. Pour into skillet and cook over medium heat, stirring constantly, until mixture boils and thickens. Boil and stir for 1 minute. Add meat balls and pineapple tidbits, and heat thoroughly. Serve over rice.

Yields: 6 servings.

## **Hearty Ham Casserole**

**Submitted by Cindy Reinbold  
Mother of SPC Justin Reinbold**

<i>2 C. fully cooked ham</i>	<i>1/4 C. butter or margarine</i>
<i>2 C. diced cooked potatoes</i>	<i>1/3 C. flour</i>
<i>1 can whole kernel corn, drained</i>	<i>1 3/4 C. milk</i>
<i>1/4 C. minced fresh parsley</i>	<i>1/8 tsp. pepper</i>
<i>1 T. chopped onion</i>	<i>1 C. shredded cheddar or American cheese</i>

In a large bowl, combine first four ingredients, set aside. In a saucepan sauté onion in butter for 2 min., stir in flour until blended. Gradually add milk and pepper. Bring to a boil, cook and stir for 2 min. Remove from the heat; pour over the ham mixture and stir until combined. Transfer to greased baking dish. Cover and bake at 350° for 25 min. Uncover and sprinkle with cheese. Bake 5-10 min. longer or until cheese is melted

## **Homemade Pizza**

**Submitted by Rachel Schlechter  
Sister of SPC Rodney Schlechter**

<i>1 frozen bread loaf</i>	<i>1 pkg. pepperoni</i>
<i>4 oz. shredded cheese</i>	<i>4 oz. pizza sauce</i>

Lay the frozen bread out and allow to rise slightly. Roll the bread dough into the size of pizza desired. Put the bread dough on a pizza pan or cookie sheet. Put sauce on the dough and top with pepperoni and cheese. Bake at 350° for 20-30 minutes. You can put sauce on half of the bread dough and the topping on top and pull the other half on the dough on top. You would bake at 350° for 20-30 minutes, too. We have fried hamburger and put that on with pepperoni for meat lovers.

## **Hot Dish**

Submitted by Karri Allen  
Wife of SSG Denny Allen

<i>1 1/2 lb. hamburger</i>	<i>1/2 C. minute rice</i>
<i>1/2 C. onion</i>	<i>1 C. mixed vegetables</i>
<i>1 can tomato soup</i>	<i>Tator tots or hash browns</i>
<i>1 can cream of mushroom soup</i>	<i>Shredded cheese</i>

Brown hamburger and onion. Drain. Mix soup, rice and vegetables; combine with hamburger and onion. Top with hash browns and cheese. Bake 1 hr at 350°.

## **Hot Ham & Cheese**

Submitted by Sara McGregor-Okroi  
Wife of SSG August Okroi

<i>2-6 lbs. of sliced ham</i>	<i>1 pkg. of Velveeta cheese</i>
<i>1 stick of butter</i>	<i>1 (12 oz) can of evaporated milk</i>

Add all ingredients to your crock pot. Turn it on and walk away. After all the cheese has melted spoon onto buns and enjoy!!!!

## **Hot Ham & Cheese Sandwiches**

Submitted by Beth Gray  
Mother of PV2 Zaide Gray

<i>1 stick butter, melted</i>	<i>4 lbs. shredded or thinly sliced ham</i>
<i>1 block velveeta cheese</i>	
<i>1 can evaporated milk in crock pot</i>	

Mix butter, velveeta and milk together and then add ham. Serve on a bun.

## **Hot Ham and Cheese**

Submitted by Sara McGregor- Okroi  
Spouse of SSG August Okroi

2-6 lbs. of sliced ham  
1 stick of butter

1 pkg. of Velveeta cheese  
1 (12 oz.) can of evaporated milk

Add all ingredients to your crock pot. Turn it on and walk away.  
After all the cheese has melted spoon onto buns and enjoy !!!!!

## **Japanese Spaghetti**

Submitted by Judon Reinbold  
Wife of SPC Justin Reinbold

1 lb. diced bacon  
4 T. bacon grease  
1 bunch of chopped green  
onions  
3 cloves of garlic chopped

6 T. soy sauce.  
6-8 C. nappa cabbage - Chop or  
Shred  
1 lb. cooked spaghetti noodles

Fry 1 lb. diced bacon until crisp. Remove all but 4 TBSP. of the bacon grease. Stir in chopped green onions, 3 cloves of garlic chopped-stir fry in the bacon grease for about 1 minute. Add soy sauce. Chop or shred 6-8 cups of nappa cabbage and put in a colander. Pour over cooked spaghetti noodles-the water will soften the cabbage.  
Stir cabbage, noodles, bacon, and sauce together. ENJOY!

*Education is what you get from reading the small print.  
Experience is what you get from not reading it.*



## **Kerry's Favorite Casserole**

Submitted by Colleen Nilson  
Wife of CPT Kerry Nilson

4-6 med-large potatoes, sliced thin	Pepper, to taste
1 onion, chopped	* You can add a drained can of corn, peas, carrots, etc, if desired
1-2 lbs. browned hamburger	
2 reg size cans or one large family size can of Campbell's Vegetable Beef Soup	

Add all the ingredients in a large mixing bowl and blend together. Pour into a large, greased casserole baking dish. Cover and bake at 350° for 1 hr or until potatoes are tender.

## **Lasagna**

Submitted by Gloria Thornberry  
Step-mom to PVT Eric Thornberry

2 lbs. ground beef	1 tsp. garlic powder
3/4 C. chopped onion	1/2 tsp. garlic powder
1 can tomato soup	1/2 tsp. pepper
1 can tomato paste (12 oz.)	1/2 tsp. ground oregano
2 C. water	1 pkg. lasagna noodles
1 T. chopped parsley	1 22 oz. cottage cheese
1 tsp. salt	4 C. mozzarella cheese
1 tsp. sugar	1-2 C. parmesan cheese

In a large heavy pan, brown the ground beef & onion. Drain off any fat. Add tomato soup, paste, water, parsley, salt, sugar, garlic powder, pepper & oregano. Simmer covered, stirring occasionally, about 20 - 30 mins. In a 9 x 13 baking dish spread 1 C. of meat sauce, layer 3 1/2 uncooked noodles on top of meat sauce, Spread with a C. more of meat sauce ,1/2 of the cottage cheese, 1 C. of mozzarella cheese and sprinkle with parmesan cheese. Repeat this process of layering two more times and cover tightly with foil. Bake at 375° for 45 mins, uncover and bake 15 mins. more. Let stand 10 mins. before cutting and serving. Serve with garlic bread.

## **Lasagna**

**Submitted by Michelle Valsvig  
Mother of SPC Jason Valsvig**

<i>1 lb. hamburger</i>	<i>2-8 oz cans tomato sauce</i>
<i>1/4 C. sugar</i>	<i>16 oz. mozzarella cheese</i>
<i>1/2 tsp. garlic powder</i>	<i>1/4 tsp. pepper</i>
<i>1/2 tsp. onion salt</i>	<i>12 oz. lasagna noodles</i>

Brown hamburger. Boil noodles until tender. Boil tomato sauce, add garlic powder, onion salt, pepper and sugar. Add hamburger to sauce. Put into 9 x 13 pan. Alternating noodles, sauce and cheese three times. Bake at 350° for 30 minutes.

## **Lasagna**

**Submitted by Erin Schlimgen  
Wife of SSG Nate Schlimgen**

<i>1/2 lb. Italian or pork sausage</i>	<i>1 lb. lasagna noodles</i>
<i>1/2 lb. ground beef</i>	<i>1 lb. cottage cheese</i>
<i>1 medium onion, chopped</i>	<i>2 eggs</i>
<i>1 jar thick and chunky spaghetti sauce</i>	<i>2 pkgs. mozzarella cheese</i>
<i>1 pkg. dry spaghetti sauce</i>	<i>1/2 C. grated parmesan cheese</i>

Boil noodles in salt water until done. Mix together cottage cheese, parmesan cheese and eggs. Brown hamburger and sausage with onion. Drain off fat. Mix hamburger mixture with spaghetti sauce and dry spaghetti sauce, simmer. Spray 9x13 pan with nonstick spray. Layer sauce, noodles, cottage cheese mixture and mozzarella. Repeat until pan is full. Cover top layer completely with cheese. Bake at 350° for 30 minutes. Let set for 5 minutes before serving.

## **Lasagna**

Submitted by Joann Stockland  
Mother of SSG Chad Stockland & SGT Dana Stockland.

<i>1 lb. ground beef or turkey</i>	<i>1 tsp. basil</i>
<i>1 large onion, chopped</i>	<i>2 2/3 C. cottage cheese</i>
<i>14 1/2 oz. can stewed tomatoes</i>	<i>4 oz. Parmesan cheese</i>
<i>6 oz. can tomato paste</i>	<i>6 T. parsley flakes</i>
<i>1 C. water</i>	<i>1 tsp. oregano</i>
<i>1 T. sugar</i>	<i>8 oz. uncooked lasagna noodles</i>
<i>2 T. parsley flakes</i>	<i>8 oz. Mozzarella cheese</i>

Brown meat and onion, drain. Mix tomatoes, tomato paste, water, sugar, parsley flakes, and basil; add to cooked meat. In a separate bowl, combine cottage cheese, Parmesan cheese, parsley flakes(6 T.) and oregano. In a 9x13 in. pan, sprayed, layer 1/2 meat sauce, 1/2 noodles, all of cottage cheese mixture, 1/2 noodles, remaining sauce. Top with mozzarella cheese. Bake at 350° for 1 hr. covered with aluminum foil. Remove foil and cook 15 minutes more. Serves 8.

*Some folks eat to keep going,  
Some folks eat for the taste.  
Some just eat to be eating,  
For some it has all gone to waist.*

## ***Lasagne***

**Submitted by Gloria Thornberry**  
**Stepmom to PVT Eric Thornberry**

<i>2 lbs. ground beef</i>	<i>1 tsp. garlic powder</i>
<i>3/4 C. chopped onion</i>	<i>1/2 tsp. pepper</i>
<i>1 can (10 oz.) tomato soup</i>	<i>1/2 tsp. ground oregano</i>
<i>1 can (12 oz.) tomato paste</i>	<i>1 pkg. lasagne noodles</i>
<i>2 C. water</i>	<i>1-22 oz. cottage cheese</i>
<i>1 T. chopped parsley</i>	<i>4 C. mozzarella cheese</i>
<i>1 tsp. salt</i>	<i>1-2 C. parmesan cheese</i>

In a large heavy pan, brown the ground beef and onion. Drain off any fat. Add tomato soup, paste, water, parsley, salt, sugar, garlic powder, pepper, and oregano. Simmer covered - stirring occasionally - about 20 - 30 minutes.

In a 9 x 13 x 2 baking dish spread 1 C. meat sauce. Layer 3/12 uncooked noodles on top of meat sauce. Spread with a cup more of the meat sauce, 1/2 of the cottage cheese, cup of mozzarella cheese and sprinkle with parmesan cheese. Continue layering until mixture is gone.

Cover tightly with foil. Bake in a 375° oven for 45 minutes. Uncover and bake 15 minutes more. Let stand 10 minutes before cutting and serving.

\*Serve with garlic bread.

*I try to take one day at a time-  
but sometimes several days attack me at once.*

## **Lean & Tasty Chicken Parmigana**

Submitted by Stacy McCurdy  
Wife of SFC Tim McCurdy

<i>4 chicken breasts-grilled &amp; marinated</i>	<i>1 packet Hidden Valley brand dry ranch mix</i>
<i>Provolone or mozzarella cheese</i>	<i>1 packet McCormick GrillMates marinade-I like the Zesty Herb flavor</i>
<i>2 cans stewed tomatoes-Italian blend</i>	<i>3 T. white vinegar</i>
<i>1 box penne pasta (white or whole wheat)</i>	<i>3 T. vegetable oil</i>

Marinate the chicken breasts for at least 30 minutes if possible-then grill.

Melt cheese on top of grilled breasts. Let the chicken rest for about 15 minutes.

Warm the stewed tomatoes & cook pasta as directed.

When pasta is done, mix the dry ranch mix & a little butter/margarine to coat the noodles.

Pour the tomatoes over the chicken & use pasta as a side or as a bed under the chicken!

### *THE POWER OF WORDS*

*A careless word may kindle strife;*

*A cruel word may wreck a life.*

*A bitter word may hate instill;*

*A brutal word may smite and kill.*

*A gracious word may smooth the way;*

*A joyous word may light the day.*

*A timely word may lessen stress;*

*A loving word may heal and bless.*

## **Lemon Chicken**

**Submitted by Alicia Nelson  
Mother of SGT Joel Nelson**

<i>3 to 3 1/2 lbs. chicken</i>	<i>3 T. fresh chopped rosemary</i>
<i>2 lemons, quartered</i>	<i>2 T. picked thyme</i>
<i>2 T. Kosher salt</i>	<i>Extra virgin olive oil</i>
<i>1 tsp. coarsely ground pepper</i>	<i>Butcher's twine</i>

Preheat oven to 400°.

Rinse and dry the chicken. Season cavity liberally with half the salt & pepper, reserving the remaining half to season the outside. Stuff the cavity with rosemary, thyme, & lemons. Squeezing the lemons as you put them in. Truss the bird tightly to keep the breast from drying out. Add salt & pepper over the surface. Heat a sauté pan with 1 T. of olive oil, over low heat for 1 minute. Add the chicken breast side up.

Transfer to oven for 18 minutes per pound for a 3 1/2 lb. chicken, one hour is perfect. Do not open oven or baste chicken during roasting. If the chicken is cooked properly when pierced with a knife in the thigh, the juice will run clear, not pink.

Remove from the pan & cover loosely with foil. Allow to rest for 10 minutes prior to serving.

## **Low Cal Thin Crust Pizza**

**Submitted by Colleen Nilson  
Wife of CPT Kerry Nilson**

1 pkg. Flat Out low calorie flat bread (used for roll ups and found in deli section.)

1 jar pizza sauce or 1 can tomato sauce or paste with pizza seasoning to sprinkle on

Toppings: canadian bacon or cubed chicken breast is lower in calories over pepperoni or sausage, but use your favorite meat.

A sprinkle of low fat shredded cheese or use less regular cheese to cut calories

Veggies: mushrooms, onions, tomatoes, garlic, black or green olives

Preheat oven to 350° - 400° and preheat a baking stone, if you have one (can also use a toaster oven, but will have to cook them one at a time). If you want the pizza crispy you need a preheated baking stone or carefully lay the Flat Out flat bread on the direct rack of the oven for a few minutes to get as crisp as you like. If you don't have a stone then use a cookie sheet, but crust will not be crispy. Bake until heated through and cheese is melted

## **Low Fat Chicken Enchiladas**

Submitted by JoAnn Linn  
Wife of MAJ James Linn

<i>2 cooked chicken breasts</i>	<i>1 - 4 oz. can salsa</i>
<i>- cubed</i>	<i>8 oz. low-fat shredded cheese</i>
<i>Onion to taste</i>	<i>8 flour tortillas (warmed)</i>
<i>1 C. non-fat sour cream</i>	<i>12 oz. Enchilada sauce</i>

Add chicken mixture (chicken, onion, sour cream & salsa) to tortilla, top with cheese. Roll and secure with toothpick in 8x10 or 9x13 pan. After all tortillas are rolled and in the pan, pour the enchilada sauce over them and top with rest of cheese. Bake in 375° over for 25 minutes.

## **Meat Loaf**

Submitted by Mary Hatton  
Mother of PV2 John Hatton

<i>2 lbs. hamburger</i>	<i>1/4 C brown sugar</i>
<i>Onion</i>	<i>1 tsp. mustard</i>
<i>1 C. oatmeal</i>	<i>1 C. ketchup</i>
<i>1 egg</i>	

Mix ingredients together, Mix brown sugar, mustard and ketchup mixture and pour over the top. Bake at 350° for 45 minutes.

## **Meat Loaf**

Submitted by Brenda Mason  
Mother of SGT Adam Mason

<i>1 1/2 lb. ground beef</i>	<i>1/4 tsp. pepper</i>
<i>3/4 C. oatmeal</i>	<i>1 C. tomatoes</i>
<i>1 1/2 tsp. salt</i>	

Mix above ingredients thoroughly. Place in uncovered baking dish. Bake at 350° for 1 hour 15 minutes.  
Let stand for 5 minutes before slicing.

## **Meat Loaf**

Submitted by Gloria Thornberry  
Step-mom of PVT Eric Thornberry

*2 lbs hamburger*

*2 eggs*

*1 slice bread*

*Chopped onion (optional)*

Crumble your hamburger, add torn pieces bread, egg, salt, pepper, and onion. Mix together well with your hands. Pat into a greased bread pan and bake at 350° for 1 1/2 hours.

## **Meat Loaf**

Submitted by Gloria Thornberry  
Step-mom of PVT Eric Thornberry

*2 lbs. hamburger*

*2 eggs*

*1 slice bread*

*Chopped onion (optional)*

Crumble hamburger, add torn piece of bread, egg, salt, pepper, and onion. Mix together well. Pat into a greased bread pan. Bake in a 350° oven for 1 1/2 hours.

*When good friends walk beside us  
on the trails that we must keep.  
Our burdens seem less heavy  
and the hills are not so steep.  
The weary miles pass swiftly  
taken in a joyous stride.  
And all the world seems brighter  
when friends walk by our side.*



## **Megan's Savory Meatballs**

Submitted by Megan Anderson  
Step-mother of W03 Brett Anderson

- |   |  |
|---|--|
| <i>1 (1 lb 13 oz) can of Tomato<br/>Puree or Tomato Sauce</i> | <i>1 1/4 tsp. salt</i>   |
| <i>1/4 tsp. allspice</i>                                      | <i>Bring above ingredients to a<br/>boil and simmer for 20 mins.</i> |
| <i>1/2 tsp. celery seed</i>                                   | <i>1 egg beaten</i>  |
| <i>1 tsp. Worcestershire Sauce</i>                            | <i>1 C. milk</i>   |
| <i>2 tsp. prepared horseradish</i>                            | <i>1 C. dry bread crumbs</i>   |
| <i>2 tsp. dry mustard</i>                                     | <i>1/2 tsp. pepper</i>   |
| <i>1 tsp. brown sugar</i>                                     | <i>1 T. grated onion (I use dried<br/>onion)</i>                     |
| <i>2 tsp. chili powder</i>                                    |  |

Combine in a separate bowl: 1 egg beaten, 1 C. milk, 1 C. dry bread crumbs, 1/2 tsp. pepper, 1 Tbsp. grated onion (I use dried onion) Mix together and let stand for 5 minutes. Add 1 lb. ground beef. Mix together with your hands and shape into 1" balls. Melt shortening in skillet, add meatballs, cook until lightly browned and add them to the tomato mixture. Simmer gently for 30 minutes. Serve over cooked Extra Wide Egg Noodles

## **Merri's Bar-B-Ques**

Submitted by Colleen Nilson  
Wife of CPT Kerry Nilson

- |                             |  |
|-----------------------------|--|
| <i>1 1/2 lbs. hamburger</i> | <i>2 T. brown sugar</i>                |
| <i>1 onion</i>              | <i>2 T. mustard</i>                    |
| <i>1 can tomato soup</i>    | <i>Salt and pepper to taste</i>        |
| <i>4 T. ketchup</i>         | <i>Dash of Worcestershire to taste</i> |
| <i>2 T. white vinegar</i>   |  |

Cook hamburger and chopped onions. Drain. Add remaining ingredients and heat through. Serve on buns.

## **Mexican Lasagna**

Submitted by Patty Hendrix  
Aunt of SGT Travis Boggs

3 T. Extra Virgin Olive Oil	15 oz. Black Beans (drained)
2 lbs. Ground Chicken Breast	1 C. Taco Sauce (med hot)
2 T. Chili Powder	1 C. Frozen Corn
2 T. Ground Cumin	Salt
1/ 2 Medium Chopped Red Onion	8 - 8 in. Tortilla shells
14 oz. Stewed Tomatoes or Fire Roasted Chopped Tomatoes	2 1/2 C. Shredded Cheddar Cheese or Pepper Jack
	2 - Scallions (finely chopped)

In a large skillet over med heat, brown for 5 mins, the chicken, red onion, cumin & chili powder in 2 Tbsp of olive oil. Add the stewed tomatoes and taco sauce. Add black beans and corn. Heat until thoroughly heated approximately 2- 3 mins.

Coat a shallow baking pan with the remaining 1 Tbsp of olive oil. Build the lasagna in layers with the meat & bean mixture then the tortillas, then cheese. Bake lasagna 12-15 mins in a 425° oven until cheese is brown & bubbly.

## **Mom R's Easy Beef Enchiladas**

Submitted by Colleen Nilson  
Wife of CPT Kerry Nilson

1 lb. hamburger	1 1/2 C. or more shredded cheese
1 19 oz can enchilada sauce (like Old El Paso)	1 10-12 count pkg. soft corn tortillas
* If you like it hot, add chopped green chillies or jalapenos into filling mixture.	

Brown hamburger, drain. Stir in 3/4 C. enchilada sauce and 1 C. cheese. Spoon enchilada filling onto tortillas one at a time and roll up, placing them seam side down in a grease 9x13 inch baking dish. Pour remaining enchilada sauce over top and sprinkle with remaining cheese. Bake for 20-30 minutes or until heated through.

## **Mom's Upside Down Meat Pie**

Submitted by Matt Oien  
Brother of SPC Josh Oien

<i>1 lb. Ground Beef</i>	<i>1 Can Buttermilk Biscuits</i>
<i>1 Family Size Can Tomato Soup</i>	<i>8 Kraft Singles Cheese Slices</i>

Brown hamburger. Stir in Tomato Soup. Put in bottom of 9x13 baking dish.

Place biscuits in single layer on top of meat mixture. Bake per directions on biscuit can. Place cookie sheet upside down on top of baking dish. Flip over quickly so the "pie" is now on the cookie sheet. Place cheese slices over top, and place back in oven for a minute to melt cheese.

## **My "Bachelor Special"**

Submitted by Steven Johnson  
Brother of SSG Philip Johnson

Get out a frozen pizza (Totinos, Tombstone, Tony's, Red Baron, etc.) Preheat oven to specified temperature stated on box. Remove pizza from box and wrapper. Place the pizza on an air-circulating pizza pan or directly on the middle oven rack. Bake at specified temperature and minutes or until cheese in center is melted - an inexpensive meal you can make anytime.

## **No Fuss Stroganoff**

Submitted by Colleen Nilson  
Wife of CPT Kerry Nilson

<i>1 lb hamburger</i>	<i>Milk-enough to keep ingredients moist throughout cooking</i>
<i>1/2 minced onion</i>	
<i>2 cans cream of mushroom soup</i>	<i>1-2 cans of mushrooms, drained</i>
<i>1 pkg. egg noodles</i>	<i>Sprinkle of dried parsley (optional)</i>
<i>8-16 oz. container of sour cream</i>	<i>Pepper to taste (opt)</i>

Brown hamburger and onion together in a large skillet. Add remaining ingredients and stir. Cooked uncovered for several minutes until noodles are tender, stirring often. 25 mins and it is on the table!

## **No Peak Chicken**

**Submitted by Diane Borgheiinck  
Mother of PFC Daniel Borgheiinck**

<i>2 C. Rice / 3 Cups if using Minute Rice</i>	<i>1 Pkg. Dry Onion Soup Mix</i>
<i>2 C. Water or 1 C. Water, 1 C. Milk</i>	<i>2 Cans Cream Soups: I use 1- Cream of Chicken &amp; 1- Cream of Celery.</i>
<i>Boneless Chicken Breasts</i>	

Mix ingredients except chicken & soup mix into 9 x 13 pan. Place chicken breasts on top of mixture.

Sprinkle the dry onion soup mix over chicken. Seal with tin foil. Bake 30 minutes at 350°.

**DO NOT PEAK UNTIL 30 MINUTES LATER!!**

## **Parmesan Chicken**

**Submitted by Susan Paye  
Wife of SGT Michael Paye**

<i>3 to 4 boneless skinless chicken breasts</i>	<i>1 egg</i>
<i>1/2 box Triscuit crackers crushed</i>	<i>Parmesan Cheese</i>
	<i>Jar of favorite spaghetti sauce</i>

Preheat oven to 350°

Whisk egg. Dip chicken breast in egg then roll in triscuit cracker crumbs

place on lightly oiled cookie sheet bake for 35 to 45 minutes depending on thickness of breasts. I use meat thermometer to make sure they are 165 degrees.

When they have reached desired temperature pour small amount of spaghetti sauce on each breast and sprinkle with grated parmesan cheese. Return to oven for 5 minutes to heat sauce and melt cheese.

## **Pasta with Chipotle Cream Sauce**

Submitted by Colleen Nilson  
Wife of CPT Kerry Nilson

<i>2 T. butter</i>	<i>1-2 T. butter</i>
<i>1 small onion, minced</i>	<i>1 onion, minced</i>
<i>2-3 canned chipotle peppers in adobo sauce, seeded and minced</i>	<i>8 oz. of fresh shiitake mushrooms, sliced</i>
<i>1/2 pint heavy cream</i>	<i>1/3 C. white wine</i>
<i>1/4 C. milk, mixed with 1-2 tsp. chipotle adobo sauce</i>	<i>1/4 tsp. salt</i>
<i>1/4-1/2 tsp. salt</i>	<i>2 green onions, sliced</i>
<i>1/4 tsp. tarragon</i>	<i>3 T. fresh cilantro, coarsely chopped</i>
<i>1 pkg. (9 oz) fresh sun-dried tomato ravioli (or other flavor)</i>	<i>Black pepper, freshly ground</i>

In a small saucepan, melt butter over med heat. Add onion and cook slowly until tender. Add about half the minced chipotles and the cream, heating slowly. Mix in the milk with the adobo sauce, a tablespoon at a time and add more of the chipotles, tasting for spiciness as you go. Add salt to taste, and tarragon. Keep sauce warm while preparing rest of dish. Cook ravioli according to package instructions. Meanwhile, in a small sauté pan, heat butter on med heat. Add onion and cook until tender. Add mushrooms. When pan seems to be getting dry, add the white wine and the salt and cook until mushrooms are tender, but not limp. Drain pasta well and add to the pan of mushrooms, tossing over heat for a minute or two. Serve pasta with chipotle cream sauce on top. Garnish with green onion, cilantro and black pepper. Makes 2 servings or 4 side dish servings.

*The soul would have no rainbow had the eyes no tears.*

## **Pasta with Sausage, Tomatoes and Cream**

Submitted by Amy Hoines  
Wife of CPT David Hoines

<i>1 T. Olive oil</i>	<i>1 (14-1/2 oz) can diced tomatoes</i>
<i>1/2 pound pork sausage (Italian sausage works well too)</i>	<i>3/4 C. whipping cream</i>
<i>1/4 tsp. crushed dried red pepper flakes</i>	<i>1/4 tsp. salt</i>
<i>1/4 C. diced onions</i>	<i>Penne pasta</i>
<i>1-1/2 cloves minced garlic</i>	<i>Parmesan cheese</i>

Cook sausage, red pepper, onion and garlic in oil over medium heat until sausage is light brown. Add tomatoes, cream and salt. Simmer about 4 minutes. If the sauce is too thin, add a small can of tomato sauce. Add cooked pasta to sauce and continue to cook until heated through. Serve sprinkled with Parmesan cheese.

## **Pizza Burgers**

Submitted by Jennifer Voss  
Wife to CPT Keith Voss

<i>1 lb. hamburger</i>	<i>1/4 C. parmesan cheese</i>
<i>4 oz. mozzarella cheese</i>	<i>1/4 tsp. garlic</i>
<i>1/2 can tomato soup</i>	<i>1/4 tsp. oregano</i>
<i>1/2 C. pizza sauce</i>	

Brown hamburger and let cool. Add remaining ingredients. Butter buns and put mixture on buns. Bake at 350° for 15 to 20 minutes on cookie sheet. Makes about 12 buns.

*A lot of us have seen the light, but for many of us  
it's the one inside the refrigerator.*

## **Pizza Hot Dish**

Submitted by Candy Thomas  
Mother-in-law to CPT Keith Voss

<i>2 lbs. hamburger - Brown and</i>	<i>1/2 tsp. salt</i>
<i>sprinkle with onion and garlic</i>	<i>1/2 tsp. pepper</i>
<i>salt.</i>	<i>1 tsp. oregano</i>
<i>Add:</i>	<i>8 oz. wide noodles</i>
<i>1 can (10.5 oz) pizza sauce</i>	<i>1 1/2 C. Velveta Cheese</i>
<i>1 can (8 oz) tomato sauce</i>	
<i>1/2 can water</i>	

Brown hamburger and sprinkle with onion and garlic salt. Add remaining ingredients.

Simmer 20 minutes.

Cook 8 oz. of wide noodles. Grate 1 1/2 cup Velveeta cheese.

Put half of the sauce in a casserole. Then cheese, then noodles.

Cover with remaining sauce. Top with mozzarella cheese.

Bake 30-40 minutes at 350°

## **Pork Chops in a Crock (Jim & Paul's Favorite!)**

Submitted by JoAnn Linn  
Wife of MAJ James Linn

<i>4-6 Pork Chops or loins</i>	<i>1 onion</i>
<i>1 can cream of mushroom soup</i>	

Fry chops (dip in milk and flour) on both sides until just brown (keep the drippings). Pour 1/2 can of mushroom soup into the bottom of a crock pot. Put in 1/2 of the chops, then layer with 1/4 of the soup and 1/2 of the onion then top with remaining chops. To the drippings in the pan, and 1/4-1/2 cup milk, the rest of the mushroom soup and some sifted flour. Bring to a simmer then add to the top of the chops along with the rest of the onions. Cook on low for 3-5 hours. Serve with potatoes and use the gravy from the crock pot.

## **Pork Chops with Dressing**

Submitted by Amy Hoines  
Wife of CPT David Hoines

4 Pork Chops - brown  
3 C. soft bread cubes  
1/4 C. water

2 T. chopped onion  
1/4 C. melted butter  
1/4 tsp. poultry seasoning

Brown pork chops, Mix together 1 can Cream of Mushroom Soup and 1/3 c. water and divide evenly over the pork chops. Mix together and spoon over stuffing on pork chops. Bake at 350° for 1 hour.

## **Prime Rib**

Submitted by Julie Kirchner  
Wife of SSG Les Kirchner

*Beef Rib Roast, small end*

*Onion Soup & Dip Mix*

The size of the roast may vary depending on how much you need. Let the roast age in the refrigerator for one week before preparation. Mix onion soup mix according to pkg directions. Place roast in roaster pan in soup. Cook at 300° for 1hr 15min per pound of meat. Baste with soup every 30 minutes. Check for desired doneness during last hour.

*The best helping hand you can find  
is at the end of your arm.*



## **Prime Rib**

**Submitted by Mary Ann Arends  
Wife of CSM George Arends**

*11-15 lbs Prime Rib*

*1/4 C. black pepper*

*1 C. Lawry seasoning salt*

*1/4 C. garlic powder*

Preheat oven to 375

Dry rub Lawry seasoning salt, black pepper, garlic powder

Let roast stand until room temp. (Not longer than 1 hour)

Bake 1 hour

Turn off oven- DO NOT OPEN DOOR!

After 1 hour turn oven back on to 375

Bake for 1-1/2 hours (depending on size of roast and how done you want it)

Remove from oven - cover with foil - let rest for 20 minutes before carving.

## **Rice Hot Dish**

**Submitted by Geraldine Kriz  
In Honor of all Soldiers & Families**

*1 C. rice (cover with water)*

*2 cans chicken noodle soup*

*2 lbs. hamburger (raw)*

*2 cans cream of chicken soup*

*2 C. celery*

*1 onion*

*1/4 C. soy sauce*

Put in this order in baking dish. Bake at 350° for 3 hours.

*A house is built by human hands,  
but a home is built by human hearts.*

## **Rice Hotdish**

Submitted by Deb Harmel  
Mother of SPC Matthew Harmel

- |                              |                                     |
|------------------------------|-------------------------------------|
| <i>1 lb. hamburger</i>       | <i>1/2 C. soy sauce</i>             |
| <i>Onion</i>                 | <i>1 can cream of mushroom soup</i> |
| <i>1 C. long grain rice</i>  | <i>3 C. hot water</i>               |
| <i>2 C. celery (chopped)</i> |                                     |

Brown the hamburger with onion.

Mix all ingredients together and pour into a greased 9 x 11 cake pan.

Bake at 350° for 1 1/2 hours.

## **Roasted Chicken Lasagna**

Submitted by Jenn Walker  
Wife of WO1 Wesley Walker

- |   |  |
|---|--|
| <i>1 C. light ricotta cheese</i>                              | <i>1 small fully cooked rotisserie chicken</i>   |
| <i>1 C. low-fat cottage cheese</i>                            |  |
| <i>5 oz. frozen spinach, thawed, squeeze dried &amp; chop</i> | <i>4 C. chunky vegetable pasta sauce</i>         |
| <i>1 egg</i>  | <i>1 C. crumbled light feta cheese</i>           |
| <i>1/2 tsp. dried oregano</i>                                 | <i>1 1/2 C. shredded light mozzarella cheese</i> |
| <i>12 uncooked whole wheat lasagna noodles</i>                | <i>1/4 C. chopped black olives</i>               |

Combine ricotta and cottage cheeses, spinach, egg, oregano and black pepper. Cook lasagna noodles according to package directions. Drain. Chop chicken into bite size pieces. Spoon 1 C. sauce on bottom of 9x13 in. pan. Top with 4 lasagna noodles. Cover with 1 C. sauce, 1/3 of the chicken, 1/3 feta, 1/3 mozzarella, and 1/3 of the olives. Make another layer, this time ending with spinach/cheese mixture. Repeat the first layer. Cover loosely with foil and back at 375° for 40 minutes.

## **Rouladen**

Submitted by Julie Meirose  
Mother of SPC Anthony Meirose

*Minute (cube) steak*

*Bacon*

*Dill pickle*

*1 can mushrooms*

*Onion*

*1 can beer*

Pound down steak.

Place a slice of dill pickle, slice of onion and 1 piece of cooked bacon on each steak. Roll up and secure with toothpick.

Fry edges in bacon grease then place in casserole dish.

Top with mushrooms and juice and beer.

Bake at 350° for 45 minutes to 1 hour til done.

## **Rumaki Chicken**

Submitted by Julie Meirose  
Mother of SPC Anthony Meirose

*Marinade:*

*1 T. garlic powder*

*1/4 C. oil*

*Chicken*

*1/4 C. soy sauce*

*Water chestnuts*

*2 T. catsup*

*Cooked bacon pieces*

*1 T. vinegar*

*Brown sugar*

Mix oil, soy sauce, catsup, vinegar & garlic. Marinade chicken in mixture. Add water chestnuts and cooked bacon pieces.

Bake or stir fry. Top with brown sugar

*Giving your best today is the  
recipe for a better tomorrow.*

## **Shepherd's Pie**

**Submitted by Tami Voight  
Wife of SGT Brian Voight**

<i>4 - 6 medium sized potatoes, unpeeled</i>	<i>2 five oz. cans of tomato sauce</i>
<i>Milk and butter for mashed potatoes</i>	<i>1 T. olive oil</i>
<i>1 T. garlic powder for mashed potatoes</i>	<i>2 T. minced garlic</i>
<i>1 lbs. of hamburger or a mix of turkey burger and hamburger</i>	<i>1/2 medium onion</i>
<i>1 bag of frozen corn</i>	<i>2 T. oregano</i>
	<i>Salt and Pepper to taste</i>
	<i>Shredded mozzarella cheese to taste</i>

- 1) Brown Hamburger
- 2) Clean & cut potatoes up, leaving the peels on; cook potatoes
- 3) Once hamburger is browned, rinse and place in a deep baking dish and preheat oven to 425°
- 4) Using the olive oil, cook the minced garlic and onions on low heat, flipping frequently, until the garlic is a golden brown all over
- 5) Pour one can of tomato sauce into the garlic/onion mixture & stir until warm throughout.
- 6) Pour cooked tomato sauce and extra can over the meat
- 7) Add the oregano, salt, pepper, and corn
- 8) Mash the potatoes with milk, butter, and garlic powder
- 9) Layer the potatoes over the meat/corn mixture
- 10) Cover and bake at 425° for 45 minutes, sauce should be bubbling at the edges
- 11) If desired, sprinkle with Mozzarella cheese & bake for an additional three to five minutes

*A vacation is having nothing to do and all day to do it.*

## **Shrimp Scampi**

**Submitted by Colleen Nilson  
Wife of CPT Kerry Nilson**

<i>1 C. fresh sliced mushrooms</i>	<i>1 tsp. fresh chopped garlic</i>
<i>1 tsp. sliced basil</i>	<i>1/4 tsp. salt, pepper, garlic salt</i>
<i>9 raw shrimp</i>	<i>1 oz. white wine</i>
<i>1/2 C. lemon butter (use the separate recipe)</i>	<i>10 oz. cooked angel hair pasta</i>
<i>1/4 C. diced roma tomatoes</i>	<i>1 tsp. grated parmesan cheese</i>

In a warm sauce pan melt 1/8th C. of lemon butter. Combine garlic, mushrooms, shrimp, spice mixture, and basil. As shrimp browns on one side turn over and add white wine to reduce. When shrimp has completed cooking and wine has reduced by 2/3rds add lemon butter and stir until butter is completely melted. Toss in pasta, plate and garnish with tomatoes and parmesan cheese. Recipe for one person. Take recipe times how many people you want it to serve, so adjust accordingly

## **Shrimp Scampi**

**Submitted by Erica Steiner  
Wife of SPC Brandon Steiner**

<i>1 1/2 sticks of butter</i>	<i>1 C. dry white wine</i>
<i>4 cloves minced garlic or more</i>	<i>Pepper</i>
<i>1 lb. shrimp (peeled &amp; drained)</i>	<i>1/2 tsp. parsley flakes</i>

Melt butter in large saucepan.  
Stir in garlic & shrimp - cook stirring constantly for 3 - 5 minutes.  
Stir in wine & pepper.  
Bring to boil stirring constantly. Top with parsley.

## **Simple Breakfast Bake**

Submitted by Kari Meyerink  
Sister of SPC Justin Blais

- |   |  |
|---|--|
| <i>1 lb. of chorizo or favorite<br/>sausage</i>           | <i>8 eggs lightly beaten</i>                                 |
| <i>1/3 C. chopped onion</i>                               | <i>1 can condensed cream of<br/>mushroom soup, undiluted</i> |
| <i>4 C. shredded Monterrey Jack<br/>or cheddar cheese</i> |  |

In a large skillet, cook sausage and onion over medium heat until meat is no longer pink; drain. Transfer to a greased 9 X 13 inch pan. Sprinkle with cheese. Combine eggs and soup; pour over cheese. Bake, uncovered at 400° for 30 - 35 minutes or until knife inserted near the center comes out clean. Let stand 5 minutes before cutting. Makes about 8 servings. The chorizo is found by the fresh sausage in grocery store and is very good in this recipe

## **Simple Roast Beef**

Submitted by Barb Moen  
Mother of SPC Jonathan Moen

- |   |                                  |
|---|----------------------------------|
| <i>1 can Chicken Broth</i>                              | <i>1 [3 to 5 lb.] beef roast</i> |
| <i>1 pkg. Au Jus mix</i>                                |                                  |
| <i>1 pkg. Hidden Valley Ranch<br/>Original dressing</i> |                                  |

In crock pot mix all ingredients together. Put in beef, no need to brown. Cover and cook all day; or cook in electric cooker at 325° for 3 hours. Makes good gravy.

*There is no future in any job.  
The future lies in the one who holds the job.*

## **Slow Cooker Fajitas**

**Submitted by Angie Haas  
Wife of SFC Adam Haas.**

- |   |  |
|---|--|
| <i>4 boneless, skinless chicken breast halves</i> | <i>1 C. each chopped red &amp; green bell pepper</i> |
| <i>1 1/4 C. chopped onion</i>                     | <i>6-8 flour tortillas</i>                           |
| <i>1 env. taco seasoning</i>                      | <i>1/4 C. salsa &amp; sour cream</i>                 |
| <i>1 C. sliced black olives</i>                   |  |
| <i>1-14 1/2 oz. can chopped tomatoes</i>          |  |

Cut chicken into thin strips. Combine chicken, tomatoes, onion, peppers, and taco seasoning in a slow cooker and mix well. Cook on high for two hours, stirring twice. Spoon equal portions of chicken mixture onto each tortillas to enclose the filling. Top with cheddar, cheese, sour cream, and black olives.

## **Slow Cooker Lasagna**

**Submitted by Angie Haas  
Wife of SFC Adam Haas**

- |                                |  |
|--------------------------------|--|
| <i>1 lb. ground beef</i>       | <i>1 large onion, chopped</i>          |
| <i>2 cloves minced garlic</i>  | <i>1 29 oz. can tomato sauce</i>       |
| <i>1 C. water</i>              | <i>1 16 oz can tomato paste</i>        |
| <i>1 tsp. salt</i>             | <i>1 tsp. dried oregano</i>            |
| <i>8 oz. lasagna noodles</i>   | <i>4 C. shredded mozzarella cheese</i> |
| <i>1 1/2 C. cottage cheese</i> | <i>1/2 C. grated Parmesan cheese</i>   |

Combine ground beef, onion and garlic in large skillet. Cook over medium-high heat until beef is browned and crumbly; drain. Add tomato sauce, water, tomato paste, salt and oregano and mix well. Spoon 1/4 of the ground beef mixture into 5 qt. slow cooker. Layer 1/3 of the noodles over the ground beef mixture, breaking the noodles as needed. Combine mozzarella, cottage, and parmesan cheeses in a medium bowl and mix well. Layer 1/3 of the mozzarella mixture over the noodle layer. Repeat noodle and mozzarella layers twice. Top with remaining beef mixture. Cook, covered on low until noodles are tender, about 4 - 5 hours.

## **Sour Cream Chicken Enchiladas**

Submitted by Patty Hendrix  
Aunt of SGT Travis Boggs

<i>2 C. Sour Cream</i>	<i>1 1/2 lbs. Diced Chicken Breast</i>
<i>2 C. Cream of Chicken Soup</i>	<i>1 1/2 lbs. Monterrey Jack or</i> <i>Cheddar Cheese (shredded)</i>
<i>7 oz. Diced Chilies</i>	
<i>2 bunches Chopped Green</i> <i>Onions</i>	<i>6 - Corn or Flour Tortillas</i>

Mix soup, sour cream, chilies and onions. Spread tortillas with 1 Tbsp of mixture and add 2 oz of diced chicken and 1 oz of cheese, roll up and put in prepared shallow baking pan. Spread the remaining mixture over the rolled tortillas. Bake at 350° for 40 minutes. Remove and sprinkle shredded cheese over top. Return to oven until cheese is melted. These may be made the night before and refrigerated and baked before serving. May serve with lettuce additional cheese, tomatoes and enchilada sauce.

## **Sour Cream Enchiladas**

Submitted by Colleen Nilson  
Wife of CPT Kerry Nilson

<i>1-2 lbs. cooked chicken or</i> <i>hamburger</i>	<i>Pepper to taste (opt)</i>
<i>2-3 C. shredded cheese</i>	<i>2 cans cream of chicken soup</i>
<i>Onion or green onion, chopped</i> <i>(opt)</i>	<i>1/2-1 C. sour cream</i>
<i>1 sm can of green chillies,</i> <i>chopped (opt)</i>	<i>Milk-enough so sauce won't be</i> <i>too thick</i>
	<i>8-10 flour shells</i>

\*instead of cream soup can use 2-3 cans tomato sauce plus 1 taco seasoning pack. Filling-meat, cheese, onions, pepper. Sauce-cream soups with milk and sour cream mixed together or tomato sauce with the taco seasoning. Pour a little sauce into a greased 9x13 inch glass cooking dish. Fill each flour shell with filling, roll up and place side by side in dish. Cover with sauce. Bake at 350° for 1 hr, covered with foil.



## **Sour Cream Enchiladas**

**Submitted by Carmen Mueller  
Mother of PFC Josiah Mueller**

<i>1 lb. hamburger</i>	<i>1 pkg. taco seasoning</i>
<i>1 (8 oz) ctn sour cream</i>	<i>8 oz. pkg shredded cheddar cheese</i>
<i>1 small onion</i>	
<i>10-12 sm tortillas</i>	<i>2 cans cream soup, (or 1 cream and 1 cheese)</i>
<i>1 sm can green chilies, chopped</i>	<i>8 oz. pkg shredded mozzarella cheese</i>
<i>sliced olives, optional</i>	

In large skillet, brown hamburger, onion, and 1/2 can chilies. Drain and then add taco seasoning, no water. Stir mozzarella cheese into hamburger mixture. Warm soups, sour cream and remaining chilies. Put 1/2 soup mixture in bottom of 9x13 pan. Fill tortillas with hamburger mixture, roll and put in pan. Cover with remaining soup mixture and sprinkle with cheese. Top with olives, if desired. Bake at 350° for 20-25 minutes.

## **Spaghetti Bake**

**Submitted by Barb Moen  
Mother of SPC Jonathan Moen**

<i>1 1/2 lb. ground beef</i>	<i>1 32 oz. jar spaghetti sauce</i>
<i>8 oz. spaghetti, broken and cooked</i>	<i>8 oz. shredded mozzarella cheese</i>

Brown ground beef; drain. Add spaghetti sauce and pour over cooked spaghetti. Place 1/2 of the spaghetti-meat sauce in a 9 X 13 pan. Sprinkle with shredded mozzarella cheese; top with rest of spaghetti and meat sauce. Sprinkle Parmesan cheese on top. Bake at 350° for 30 min.

## **Spaghetti Corn**

**Morgan Pageler  
Sister of SPC Bryce Pageler and  
Sister-in-law of SPC Wade Powell**

- |  |  |
|--|--|
| <i>1 C. any spaghetti (broken into pieces)</i> | <i>1 can whole kernel corn (undrained)</i> |
| <i>1 C. shredded cheddar cheese</i>            | <i>1/2 C. melted butter</i>                |
| <i>1 can cream style corn</i>                  | <i>4 T. chopped onion</i>                  |

In large bowl, combine all ingredients. Pour into greased 2 qt. baking dish.  
Bake at 375 for 1/2 hr covered and then 1/2 hr uncovered.

## **Speedy Layered Chicken Enchilada Pie**

**Submitted by Tony & Konnie Zimmerman  
Cousins of SFC Jay Roberts**

- |   |   |
|---|---|
| <i>1 (15 oz.) pkg. of 8 flour tortillas</i> | <i>1 (15 oz.) can drained black beans</i> |
| <i>2 C. cubed cooked chicken</i>            | <i>1 (19 oz.) can red enchilada sauce</i> |
| <i>1/2 C. uncooked instant white rice</i>   | <i>1 C. frozen white corn</i>             |
| <i>2 C. Monterey Jack cheese, grated</i>    | <i>1 C. chunky salsa</i>                  |
|   | <i>2 TAB green onion, chopped</i>         |

Preheat oven to 350°. Spray a 2 quart pan.  
Combine chicken, rice, 1 C. of cheese, beans, 1 C. of sauce.  
Layer tortillas (cut them as needed) on bottom of dish, a 1/4 C. of sauce, 1/2 the mixture.  
Another layer of tortillas, corn, salsa.  
Another layer of tortillas, rest of mixture, more tortillas.  
Top with the rest of the sauce, cheese, and green onions.  
Bake for 35 - 45 minutes.  
Top with sour cream.

**Notes:**

I use the rotisserie chicken most of the time. I usually use the Mexican blended cheese. I like to get a small can of hot and mild enchilada sauces and mix them. You can also use canned white corn, as I can't always find the frozen.

## **Spicy Chicken Enchiladas**

Submitted by Sara Anderson  
Wife of SFC Steven Anderson

- |   |   |
|---|---|
| <i>1 pkg. (6 oz) ready-to-use southwestern chicken strips</i> | <i>4 flour tortillas (7 inches), warmed</i>             |
| <i>1-1/2 C. (6 oz) shredded cheddar cheese, divided</i>       | <i>1 can (2-1/2 ounces) sliced ripe olives, drained</i> |
| <i>1 can (10 oz) enchilada sauce, divided</i>                 | <i>Chopped tomato and shredded lettuce, optional</i>    |
| <i>1 C. refried beans</i>                                     |   |

In a bowl, combine the chicken, 1 C. cheese and 1/2 C. enchilada sauce. Spread 1/4 C. refried beans down the center of each tortilla. Top with chicken mixture; roll up. Place in ungreased baking dish. Top with the remaining enchilada sauce and cheese; sprinkle with olives. Cover and bake at 400° for 15 – 20 minutes or until heated through. Garnish with tomato and lettuce if desired. Makes 2 servings.

## **Steak & Gravy**

Submitted by Beth Gray  
Mother of PV2 Zaide Gray

- |                                     |                              |
|-------------------------------------|------------------------------|
| <i>Steak</i>                        | <i>3/4 C. water</i>          |
| <i>1 pkg. dry onion soup mix</i>    | <i>1/4 C. Heinz 57 sauce</i> |
| <i>1 can cream of mushroom soup</i> |                              |

Brown any kind of steak in a deep frying pan (enough to feed your family). Mix the onion soup mix, mushroom soup, water & 57 sauce together and pour over steak and simmer until tender. Serve with mashed potatoes or noodles.

## **Stovetop Hot Dish**

**Submitted In Honor of CPT Nathan Moore**

- |   |                                    |
|---|------------------------------------|
| <i>1 box stove top dressing</i>           | <i>1 can cream of chicken soup</i> |
| <i>1 pkg. California blend vegetables</i> | <i>1 C. sour cream</i>             |

Mix Stove Top dressing according to box directions and place in casserole; thaw vegetables and pour over the top. Mix chicken soup and sour cream and pour over the top of the vegetables. Cover and bake at 350° for 45 minutes.

## **Sunday Chicken-Rice Bake**

**Submitted by Jean Johnson  
Mother of SSG Philip Johnson**

- |  |  |
|--|--|
| <i>1 (10 3/4 oz.) can condensed cream of mushroom soup</i> | <i>1 C. regular rice</i>                                   |
| <i>1 C. milk</i>   | <i>1 (10 oz.) pkg. frozen peas</i>                         |
| <i>1 env. dry onion soup mix</i>                           | <i>1 carrot, grated</i>                                    |
| <i>1 (3 oz.) can chopped mushrooms (undrained)</i>         | <i>1 3 lb. ready-to-cook broiler-fryer chicken, cut up</i> |
|  | <i>1/8 tsp. paprika</i>                                    |

In bowl stir together mushroom soup, milk, dry onion soup mix, and undrained mushrooms. Reserve 1/2 cup of the soup mixture and set aside. Stir uncooked rice and vegetables into remaining soup mixture. Turn rice mixture into a 9x13 pan or roaster; arrange chicken pieces on top. Pour reserved soup mixture over chicken. Sprinkle chicken pieces with paprika. Cover tightly. Bake at 350° until rice is tender, 1 1/4 to 1 1/2 hours. Makes 4 to 6 servings.

*No door is too difficult for the key of love to open.*

## **Sweet and Sour Pork Chops** **(pork steaks work well too)**

Submitted by Denise, Yvette, Janelle & Dirk  
Family of CPT Thomas Tedmon

*1 can of whole cranberries*                      *1 pkg. of pork chops*  
*1 pkg. of dried onion soup*  
*8 oz. of French style salad*  
*dressing (orange in color)*

Mix the can of cranberries, onion soup and salad dressing together.

In frying pan, brown on side of the pork chops/pork steaks until the edges are whitish in color, then cover with mixed cranberries, onion soup and dressing mixture. Turn heat down, cover with a lid and cook for about 15 minutes.

The mixture will cook the remaining pork chop.

## **Taco Bake**

Submitted by Barb Moen  
Mother of SPC Jonathan Moen

*1 lb. ground beef*                                      *6 flour tortilla [6-8 in.] Cut into*  
*1 can tomato soup*                                      *1 inch pieces*  
*1 C. salsa*    *1 C. shredded cheese*  
*1/2 C. milk*

Brown hamburger drain off fat. Add soup, salsa, milk, tortilla and 1/2 cup cheese. Spoon into 2 qt. baking dish. Cover. Bake at 400° for 30 min. or until hot. Sprinkle with remaining cheese. Serves 4.

## **Taco Beef Noodle Bake**

Submitted by Joann Stockland  
Mother of SSG Chad Stockland & SGT Dana Stockland.

<i>1 lb. ground beef</i>	<i>8 oz. medium noodles, cooked drained</i>
<i>1/2 C. chopped onion</i>	<i>1/4 C. chopped green pepper</i>
<i>15 oz. can tomato sauce</i>	<i>16 oz. cottage cheese</i>
<i>1/2 c. water</i>	<i>1/4 C. sour cream</i>
<i>1 1/4 oz. pkg. taco seasoning mix</i>	<i>1/4 C. chopped green onion</i>
<i>1 tsp. flour</i>	<i>1 C. (4 oz.) shredded cheddar cheese</i>
<i>2 tsp. instant beef bouillon</i>	

Brown beef and onion; drain grease. Add sauce, water, and taco mix; simmer uncovered 10 min. Combine cottage cheese, sour cream, flour and bouillon; mix well. Add noodles, green pepper, and green onion. Spoon noodles mixture into 9x13 in. pan. Top with meat mixture. Bake for 20 min. at 350°. Sprinkle on cheese and bake another 10 min. Let set for 10 min. before serving. Serves 8.

## **Taco Casserole**

Submitted by Jody Unzen  
Wife of SGT LaRon Unzen

<i>1 can kidney beans</i>	<i>1 - 16 oz. can tomato sauce</i>
<i>2-3 lbs. hamburger onion</i>	<i>1 can water</i>
<i>1 pkg. taco seasoning</i>	<i>Tortilla chips</i>
<i>1 - 31 oz. can pork-n-beans</i>	<i>Shredded cheddar cheese</i>

Brown hamburger with onion, add in kidney beans, taco seasoning, pork-n-beans, tomato sauce and water.  
Serve with Tortilla chips on bottom and top with shredded cheddar cheese

## **Taco Casserole**

**Submitted by Heidi Houghtaling  
Mother of SGT Adam Houghtaling**

<i>1 bag taco chips</i>	<i>Chili powder</i>
<i>1 1/2 lb hamburger</i>	<i>Sour Cream</i>
<i>1 can tomato soup</i>	<i>Black Olives</i>
<i>1 can cream of mushroom soup</i>	<i>Mushrooms</i>
<i>1 packet taco seasoning</i>	<i>Shredded Cheddar Cheese</i>

Crush taco chips & place half of them in 9X13 pan.

Brown hamburger. Add soups & taco seasoning. Simmer for 10 minutes.

Place on top of taco chips. Sprinkle with chili powder. Spoon sour cream over top. Layer with black olives & mushrooms. Sprinkle with remaining

taco chips. Cover with foil. Bake at 350° for 45 minutes.

Top with cheese last 10 minutes. Serve with chopped lettuce & tomatoes.

Enjoy!

## **Taco Casserole**

**Submitted by Cindy Wolf  
Mother of SSG Brandon Wolf**

<i>1 lb. hamburger</i>	<i>1 pkg. crescent rolls</i>
<i>1/4 C. chopped onion</i>	<i>1 - 12 oz. sour cream</i>
<i>1 pkg. taco mix</i>	<i>2 C. cheddar cheese</i>
<i>1/2 C. water</i>	<i>Nacho cheese taco chips</i>
<i>1 - 8 oz. taco sauce</i>	

Brown hamburger and onion add taco mix, taco sauce and water. Simmer for 15 minutes.

Place crescents in greased 9 x 13 pan

Put meat mixture on top.

Top with crushed chips sour cream and cheddar cheese

Bake at 400° for 20 minutes

## **Taco Pie**

**Submitted by Bonnie Powell  
Mother of SPC Wade Powell**

<i>1 lb. ground beef</i>	<i>1 1/2 C. crushed fritos</i>
<i>1 sm pkg. taco seasoning</i>	<i>1 C. sour cream</i>
<i>1/2 C. water</i>	<i>1 C. shredded cheddar</i>
<i>1/3 C. green olives</i>	<i>1 C. shredded mozzarella</i>
<i>1 can crescent rolls</i>	

Brown beef & drain off fat. Add olives, 1/2 C. water & taco seasoning. Simmer 5 min. Press rolls in lg pie pan. Sprinkle half of the fritos over bottom. Add meat, then sour cream, then cheese. Put remaining fritos on top. Bake 375° for 30 to 35 min.

## **Tater Tot Casserole**

**Submitted by Colleen Nilson  
Wife of CPT Kerry Nilson**

<i>1 lb. hamburger</i>	<i>2 cans of cream soup (chicken,</i>
<i>Veggies of choice (carrots, corn,</i>	<i>mushroom, celery, etc)</i>
<i>peas, etc)</i>	<i>A splash of milk</i>

Brown hamburger and onion in a pan. In a large mixing bowl add cooked hamburger and onions to soup, milk and veggies (can steam or cook veggies in microwave first while browning hamburger to save time). Gently mix so you don't smash or break the veggies. Add mixture to a 9x13' greased baking dish. Place a good layer of frozen Tatar tots on top. Bake at 350° until heated through and Tatar tots are golden brown, about a half hour to an hour.

*It is extremely difficult to lead further  
than you have gone yourself.*



## **Tator Tot Hotdish**

**Submitted by Tom & May McMillan  
Parents of SSG Chad Lee McMillan**

<i>1 lb. hamburger, browned</i>	<i>1 can cream of mushroom soup</i>
<i>1 can french style green beans (or any vegetable)</i>	<i>1 can cheddar cheese soup</i>
	<i>1 lb. bag of tator tots</i>

Layer the browned hamburger on the bottom of a 9 x 13 pan. Then put your vegetable on top of the hamburger. Then spread the mushroom soup and cheese soup over the vegetables. Layer the tator tots on top.

Bake at 350° for 1 hour. Let stand for 5 minutes before serving.

## **Texas Hash Casserole**

**Submitted by Colleen Nilson  
Wife of CPT Kerry Nilson**

<i>2 lbs. hamburger</i>	<i>2/3 to 3/4 C. uncooked rice (I use Minute Rice)</i>
<i>1-2 onions</i>	
<i>1-2 cans tomatoes either diced or cut up stewed (use the juice too, do not drain off)</i>	<i>1-2 tsp. to T. chili powder, to taste</i>
	<i>1 tsp. salt</i>

\*Optional--can add diced green peppers or any other kind of peppers you desire and/or sliced mushrooms

Brown hamburger and onion in a large skillet. Add the rest of the ingredients, mix and place in a greased baking dish, cover with foil and bake at 350° for 1 hr, stirring every 15 minutes. Can also cook in the covered skillet until rice is tender instead of using the oven.

*We may live without poetry, music, and art;  
We may live without conscience and live without heart;  
We may live without friends; we may live without books;  
But civilized man cannot live without cooks.*

## *The Chilliast Chili* *(Recipe from "Beat This!" by Ann Hodgman)*

Submitted by Stacy McCurdy  
Wife of SFC Tim McCurdy

- |  |   |
|--|---|
| 1 C. Dried beans of your choice,<br>rinsed and picked over | 2 lbs. Pork (fresh) cut into very<br>small pieces   |
| 2 T. Corn oil  | 1 lb. Italian sausage (hot)<br>removed from casings   |
| 2 Onions (large) chopped                                   | 1 lb. Italian sausage (sweet)<br>removed from casings   |
| 1 Red bell pepper (large)<br>seeded and chopped            | 1-35 oz can Tomatoes & their<br>juice   |
| 3 Jalapeno peppers (fresh)<br>seeded and chopped fine      | 1 C. Salsa (hot) - add more to<br>taste   |
| 1 T. Garlic (crushed)                                      | 1/4 C. Tequila (gold)   |
| 1 T. Chili powder  | 1 C. Beer   |
| 2 T. Cumin (ground)  | 3 T. Tomato paste   |
| 2 T. Dill (fresh) snipped                                  | Salt to taste   |
| 1 T. Basil (dried)   | Accompaniments: Sour cream,<br>Cheddar cheese - grated,<br>extra-sharp, onions (green)<br>chopped |
| 1 T. Oregano (dried)                                       |   |
| 1 T. Paprika (mild)  |   |
| 1 tsp. Black Pepper (fresh)<br>ground                      |   |

Put the beans in a pot with enough water to cover them, plus about 2 inches. Soak overnight. Rinse well and cover with water again. Cover pot and bring to a boil. Reduce heat and simmer until tender, adding water if needed. (Cooking time will vary with type of bean). Drain and set aside.

In a large pot, over medium heat, heat the oil. Add the onions and cook until softened but not brown. Add the bell pepper, jalapenos and garlic and cook until the peppers are slightly softened. Do not let the garlic brown.

Stir in seasonings and herbs and cook for a minute longer.

In a large skillet, over medium high heat, cook the pork and sausage, breaking up the sausage with a spoon as you stir. Cook until the sausage is well browned, the pork has a few crispy bits and no meat is pink.

Drain the skillet well. With a slotted spoon, add the meats to the onion pot.

Over medium heat, stir in the cooked beans, tomatoes, salsa, tequila, beer and tomato paste. Salt to taste. Turn the heat down to low and simmer uncovered, stirring frequently, for 1 hour. (If it gets too thick, add water). Serve immediately with sour cream or cheese and onions.

## **Zucchini Hot Dish**

**Submitted by Barb Moen  
Mother of SPC Jonathan Moen**

- |                                       |                                     |
|---------------------------------------|-------------------------------------|
| <i>1 stick Margarine</i>              | <i>1 C. carrots grated</i>          |
| <i>1 pkg. Stove Top Dressing Mix</i>  | <i>1 sm onion chopped</i>           |
| <i>1 lb. hamburger, browned</i>       | <i>1 can cream of chicken soup</i>  |
| <i>2 C. zucchini, cube &amp; cook</i> | <i>1 12 oz. pkg. cheddar cheese</i> |

Mix butter & dressing mix, put in 8 X 10 baking dish, holding 1 C. back; Put the remaining ingredients on top with 1 C. dressing and cheese on top.

Bake at 350° for 35 to 40 minutes.

## **Zucchini-Bean Stir Fry**

**Submitted by Marlys Fisher  
Mother of CPT Damien Fisher**

- |   |   |
|---|---|
| <i>2 T. cooking oil</i>                                       | <i>1 T. lemon juice</i>                 |
| <i>1 lb. fresh green beans snapped<br/>into 2 inch pieces</i> | <i>1 1/2 tsp. salt</i>                  |
| <i>3 C. zucchini, sliced or chopped</i>                       | <i>Sesame seed</i>                      |
| <i>1/2 C. celery, chopped</i>                                 | <i>1/3 C. chicken stock or bouillon</i> |
|   | <i>1 tsp. cornstarch</i>                |

Heat oil in heavy skillet or wok. Stir-fry beans 2 to 3 minutes, until cooked but somewhat crisp. Add zucchini, celery, lemon juice, and seasonings. Stir-fry 3 minutes. Add stock; cover and lower heat. Simmer 3 minutes. Moisten cornstarch with 1 T. of the stock; and to mixture. Stir until vegetables are glazed. Serves 4.

*No opportunity is ever lost.  
Someone else picks up those which you miss.*



## NOTES

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

The background of the image is a close-up, slightly blurred view of the American flag. The stars and stripes are visible, with the blue field containing white stars and the red and white stripes. The flag appears to be waving or draped, creating a sense of movement. The colors are vibrant, with the red appearing as a deep crimson and the blue as a rich navy blue.

# Cookies & Candies

## **Big Batch Chocolate Chip Cookies**

Submitted by JoAnn Linn  
Wife of MAJ James Linn

4 C. Crisco	2 (12 oz) pkg chocolate chips
8 C. flour	4 C. brown sugar
2 C. white sugar	3 tsp. salt
4 tsp. soda	4 tsp. vanilla
8 eggs	

Beat first 5 ingredients until creams. Add remaining ingredients.  
Bake at 350° for 11-12 minutes. Makes 15 dozen cookies.

## **Boiled Chocolate Cookies**

Submitted by Mary Ann Arends  
Wife of CSM George Arends

2 C. sugar	1/2 C. peanut butter
3 T. cocoa	1 tsp. vanilla
3/4 C. margarine	3 C. oatmeal - quick cooking
1/2 C. milk	variety

Mix sugar and cocoa in large sauce pan,  
add milk & margarine. Heat to boiling & boil 1 1/2 minutes,  
remove from heat, stir in peanut butter, vanilla & oatmeal until well  
blended.

Drop on wax paper, cool until firm.

## **Bon-Bon Cookies**

Submitted in Honor of SSG Robert Thompson

1 C. crunchy peanut butter	1 C. rice krispies
1 C. powdered sugar	12 oz. chocolate chips
1 T. butter	

Combine peanut butter, sugar, butter and cereal. Shape into balls.  
Melt chips in double boiler. Dip & roll balls in chocolate and put on  
wax paper.

## **Buckeyes**

Submitted by Lindsay Paulson  
Wife of SPC Cody Paulson

<i>1/2 C. oleo melted</i>	<i>2 C. rice krispies</i>
<i>2 C. peanut butter</i>	<i>1 C. chocolate chips</i>
<i>3 1/2 C. powdered sugar</i>	<i>1/3 bar of paraffin wax</i>

Mix first 4 ingredients together and form into balls. Melt together the chocolate chips and paraffin wax. Dip formed balls in chocolate mix and lay on wax paper.

## **Buttery Spritz Cookies**

Submitted by Jamie Kenny  
Wife of CPT Sean Kenny

<i>1 C. butter (no substitutes), softened</i>	<i>1/2 tsp. almond extract</i>
<i>1 1/4 C. confectioners' sugar</i>	<i>2 1/2 C. all-purpose flour</i>
<i>1 egg</i>	<i>1/2 tsp. salt</i>
<i>1 tsp. vanilla extract</i>	<i>Food coloring</i>

In a mixing bowl, cream butter and sugar until smooth. Beat in egg and extracts. Combine the flour and salt; gradually add to creamed mixture.

Tint with food coloring if desired.

Using a cookie press fitted with the disk of your choice, press dough 2 in.

apart onto ungreased baking sheets. Top with colored sugar and decorating candies if desired. Bake at 375° for 6 - 8 minutes or until set (do not brown). Remove to wire racks to cool.

## **Chocolate Chip Cookies**

Submitted by Sharon Brockhaus  
Mother of SPC Lucas Brockhaus

2 C. shortening	2 tsp. vanilla
2 C. sugar	1/2 - 1 tsp. salt
1 C. brown sugar	4 - 5 C. flour
4 eggs	1 bag chocolate chips
2 tsp. baking soda	

Mix together and bake at 350° for 8 - 10 minutes.

## **Chocolate Clusters**

Submitted by Julie Stapleton  
in honor of SPC Jeremy Johnson

1 pkg. chocolate almond bark or vanilla	2 C. miniature marshmallows
1 C. peanut butter, stir & melt.	3 C. rice krispies
	2 C. peanuts

Melt chocolate almond bark or vanilla and add: 1 cup peanut butter, stir & melt.

Add: miniature marshmallows, rice krispies, peanuts.

Place by spoonfuls on wax paper and chill.

## **Chocolate Covered Cherries**

Submitted by Colleen Nilson  
Wife of CPT Kerry Nilson

3 3/4 C. powdered sugar	1 pkg. semi sweet chocolate chips
1/3 C. butter or margarine	1-2 T. melted paraffin wax (opt)
1/3 C. white syrup	
1 tsp. vanilla	

Maraschino cherries (2 jars,  
around 30+ per jar)

Mix all ingredients, except choc chips, cherries and wax. Drain cherries very well on paper towels. Wrap about 1 tsp. of dough around each cherry. Chill, if desired. Melt chips and wax together. Dip balls into chocolate and wax. Let set on foil to cool. Refrigerate. Makes 60+ candies



## **Chocolate Covered Peanuts**

Submitted by Susan Paye  
Wife of SGT Michael Paye

- |   |                             |
|---|-----------------------------|
| <i>1 - 12 oz bag chocolate chips</i>  | <i>1/2 C. peanut Butter</i> |
| <i>1 - 12 oz bag peanut butter chips</i>                                      |                             |
| <i>2 jars dry roasted peanuts or 2 bags spanish peanuts (not Raw Peanuts)</i> |                             |

Melt chips in microwave about 4 minutes stir every minute or over double broiler stir frequently add in peanut butter cream till smooth. Add peanuts. Drop onto wax paper or into mini muffin cups let sit to set up.

## **Chocolate Dreams (no bake)**

Submitted by Geraldine Kriz  
Friend of SSG William Andrews

- |                      |                     |
|----------------------|---------------------|
| <i>2 C. sugar</i>    | <i>1/2 C. cocoa</i> |
| <i>1/2 C. butter</i> | <i>1/2 C. milk</i>  |

Boil for 1 minute. Remove from heat and add:

- 1 tsp. vanilla*
- 1/2 C. peanut butter*
- 3 C. oatmeal*

Drop by T. onto wax paper to cool. Store in air tight container.

## **Church Window Cookies**

Submitted by Colleen Zimmerman  
Aunt of SFC Jay Roberts

- |                               |   |
|-------------------------------|---|
| <i>1/4 lb. margarine</i>      | <i>1 10.5 oz. pkg. colored miniature marshmallows</i> |
| <i>1/2 tsp vanilla</i>        |   |
| <i>12 oz. chocolate chips</i> |   |

Melt margarine and chocolate chips. Beat until cool, then add vanilla and marshmallows. Mix until marshmallows are coated. Drop by large spoonfuls onto aluminum foil; dividing into three rolls. Wrap up foil, forming rolls. Chill until firm. (freezes well) Slice to serve.

## **Crock Pot Peanut Candy**

**Submitted In Honor of SFC Michael Schladweiler**

*1-16 oz. jar unsalted dry  
roasted peanuts*

*1-16 oz. jar salted dry roasted  
peanuts*

*1-12 oz. pkg. chocolate chips*

*1-4 oz. bar German chocolate,  
broken into pieces*

*3 lbs. white almond bark,  
broken into pieces*

In a 4- or 5-quart crock pot, place ingredients in order listed, starting with peanuts and ending with white almond bark. Cover and cook on low for 3 hours, being careful not to remove lid. Turn off heat and let cool slightly. Remove lid and mix thoroughly. Drop chocolate mixture by teaspoonfuls onto wax paper. Allow to cool and harden. Makes approximately 170 pieces.

## **Easy Chocolate Drops**

**Submitted by Katherine Andersh  
Mother of SFC Douglas Andersh**

*1 C. (6 oz.) semisweet chocolate  
chips*

*1 C. (6 oz.) butterscotch chips*

*1 C. shoestring potato sticks*

*1 C. salted peanuts*

In a 2 quart microwave safe bowl, heat chips on high for 2 minutes or until melted. Add sticks and chips. Drop by teaspoonfuls on wax paper lined baking sheets.  
Chill until set. About 15 minutes.

## **Fudge**

**Submitted by Julie Stapleton  
In Honor of PVT Mark Thompson**

*3 C. chocolate chips*

*1 can sweetened condensed milk*

*Dash of salt*

*1 C. walnuts chopped*

*1 1/2 tsp. vanilla*

In heavy saucepan, over low heat, melt chips with milk & salt. Remove from heat, stir in nuts & vanilla. Spread evenly into greased foil-lined 9 inch square pan. Chill 2 hours. Turn fudge over & peel off foil. Cut into squares. Store at room temperature.

## **Ginger Snaps**

Sumbitted In Honor of MSG Lathe Ragels

<i>3/4 C. shortening</i>	<i>2 C. flour</i>
<i>1 C. sugar</i>	<i>1 tsp. salt</i>
<i>1 egg</i>	<i>1 tsp. ginger</i>
<i>4 T. molasses</i>	<i>1 tsp. cloves</i>
<i>2 tsp. soda</i>	<i>1 tsp. cinnamon</i>

Cream shortening and sugar. Add egg and molasses and sift in dry ingredients. Shape into balls and dip in sugar. Bake at 325° for 8 - 10 minutes.

## **Gramma Emily's Peanut Butter Cookies**

Submitted by Geraldine Kriz  
Mother of retired SSG Kim Chase

<i>1 C. peanut butter</i>	<i>1 tsp. salt</i>
<i>1 C. white sugar</i>	<i>2 eggs</i>
<i>1 C. brown sugar</i>	<i>1/2 tsp. soda</i>
<i>1 C. shortening</i>	<i>2 1/2 C. flour</i>

Mix ingredients together and cream, add flour, roll in a walnut size ball and press with a sugared fork.  
Bake 9-10 minutes at 350°

## **Grandma Lettie's Ginger Snaps**

Submitted by Grandma Anderson  
Grandmother of WO3 Brett Anderson

<i>3/4 C. shortening</i>	<i>2 C flour</i>
<i>1 egg beaten</i>	<i>1 tsp. ginger</i>
<i>1 C. sugar</i>	<i>1 tsp. cloves</i>
<i>4 T. molasses</i>	<i>1 tsp. cinnamon</i>
<i>2 tsp. soda</i>	<i>1 tsp. salt</i>

Sift together dry ingredients and add to remaining ingredients. Stir together and form into balls the size of walnuts. Roll in sugar. Bake at 350° for 12-15 minutes or until set.

## **Jane's Chocolate Chips Cookies**

Submitted by Geraldine Kriz  
Mother of SFC Kristi Palmer

<i>1 C. shortening</i>	<i>1 T. vanilla</i>
<i>3/4 C. white sugar</i>	<i>1/2 tsp. soda</i>
<i>3/4 C. brown sugar</i>	<i>1 pkg. chocolate chips</i>
<i>2 eggs</i>	<i>2 1/2 cups flour</i>
<i>2 T. hot water</i>	

Cream together, add flour, and then chips.  
Bake 10-2 minutes at 350°.

## **Jello Cookies**

Submitted by Kathy Killion  
Mother of SGT Ryan Killion

<i>3/4 C. margarine</i>	<i>1 small box jello (any flavor)</i>
<i>1 C. sugar</i>	<i>1 tsp. baking powder</i>
<i>2 eggs</i>	<i>1 tsp. salt</i>
<i>1 tsp. vanilla</i>	<i>2 1/2 C. flour</i>

Cream margarine and sugar, add eggs, mix. Add rest of ingredients.  
Bake for 10 minutes at 375°.

## **Kringla (Norwegian Cookie)**

Submitted by John and Kathleen Hanson  
Parents of SGT Chad Hanson

<i>1 C. sugar</i>	<i>1/2 tsp. salt</i>
<i>1 egg</i>	<i>1/2 tsp. vanilla</i>
<i>1 C. buttermilk</i>	<i>1/2 tsp. nutmeg</i>
<i>1/2 C. butter, softened</i>	<i>1 tsp. baking powder (place in buttermilk)</i>
<i>3 C. &amp; 1 T. flour</i>	

Stir up in evening and refrigerate overnight.  
Roll out on a floured cloth covered board to a shape about like a pencil and twist up into a pretzel shape.  
Bake in a 450° oven for 7 to 10 minutes or until light golden color.  
Makes approximately 40 cookies.

## **Krispy Peanut Balls**

Submitted by JoAnn Linn  
Wife of MAJ James Linn

1 pkg almond bark  
1 C. peanut butter  
2 C. nuts

1 C. marshmallows  
Rice Krispies

Melt the almond bark and add peanut butter. Stir until smooth. Remove from heat and add in a large mixing bowl with nuts, marshmallows and enough Rice Krispies until thick. Form into round balls and place on wax paper to cool.

## **Krumkake**

Submitted by Marlys Fisher  
Mother of CPT Damien Fisher

4 eggs  
3/4 lb. butter melted  
4 C. sugar  
3 T. anise seed

1/2 T. cardamon  
1/4 T. baking powder  
4 3/4 C. flour

Pour 2 C. warm water over sugar. Alternate pouring sugar, water and butter into eggs.

Add 3 T. anise seed, 1/2 T. cardamon, 1/4 T. baking powder, 4 3/4 C. flour.

Refrigerate when ready to cook in iron, add water to desired consistency.

Some like batter thinner than others and if you like them with a filling inside they should be thicker.

*The best birthdays of all are those that haven't arrived yet.*

## **Lefsa (Norwegian necessity)**

Submitted by John and Kathleen Hanson  
Parents of SGT Chad Hanson

<i>5 well packed C. riced cooked potatoes</i>	<i>3 T. powdered sugar</i>
<i>1/2 C. butter</i>	<i>2 C. flour</i>
	<i>1 tsp. salt</i>

Add butter while potatoes are still warm. Cool until room temperature.

Add the rest of the ingredients.

Roll into small amounts of dough (1/3 C.) very thin and bake on lefsa grill.

450° to 500° until light brown.

Yields approximately 20 lefsa.

## **Lemon Bon-Bons**

Submitted by Julie Stapleton  
In Honor of SGT Thomas Drum

<i>1 C. butter softened</i>	<i>1 1/4 C. flour</i>
<i>1/3 C. powdered sugar</i>	<i>1/2 C. chopped pecans (fine)</i>
<i>3/4 C. cornstarch</i>	

CHILL. Roll into balls & press down with fork. Bake 12-15 min until bottoms are a little brown.

Frosting:

Melt: 1/4 lb. butter-little hot water

1 T. "real" Lemon Juice

Green food coloring.

Add powdered sugar until thick.

Approx. 50 cookies

## **Lemon Snowflakes**

**Submitted by Kathy Killion  
Mother of SGT Ryan Killion**

<i>1 pkg. lemon cake mix with pudding</i>	<i>1 egg</i>
<i>2 1/4 C. whipped topping</i>	<i>Powdered sugar</i>

Combine cake mix, whipped topping, egg, mix until blended. Batter will be sticky. Drop by tsp. into sugar, roll lightly. Place on ungreased cookie sheet.  
Bake for 12 minutes at 350°.

## **Luscious Chocolate Truffles**

**Submitted by Colleen Nilson  
Wife of CPT Kerry Nilson**

<i>1 pkg. (2 C.) semi sweet choc chips</i>	<i>Finely chopped nuts, any type (opt)</i>
<i>2 T. butter</i>	<i>1/4 C. powered sugar mixed with 1/2 tsp. milk to drizzle (opt)</i>
<i>1/4 C. heavy whipping cream</i>	
<i>1 T. shortening (Crisco)</i>	

Melt 1/2 pkg of chips and all of the butter together. Add cream. Refrigerate until thick enough to hold shape. Shape into 1 1/2 dozen balls and freeze for 30 min. Melt the rest of the chips and all of the shortening together. Dip balls into melted mixture. While wet, roll balls in finely chopped nuts, coconut, chocolate sprinkles or drizzle with powered sugar mixture. \*Can also add a whole nut (peanut, almond, etc) to the center and form choc mixture around it. Let dry on foil, then place in containers and store in a cool place.  
Makes 1 1/2 dozen

## **Merri's Carmel Corn**

**Submitted by Colleen Nilson  
Wife of CPT Kerry Nilson**

<i>8 qts of popcorn</i>	<i>1/2 tsp. baking soda</i>
<i>2 C. brown sugar, packed when measured</i>	<i>1/4 tsp. real vanilla extract</i>
<i>2 sticks margarine or butter</i>	<i>1/4 tsp. cream of tarter</i>
<i>1/2 C. white Karo syrup</i>	<i>dash of salt</i>
	<i>peanuts (optional)</i>

Clean kitchen sink really well, rinse and dry. Will be using sink to pour the hot Carmel onto the popcorn. Makes a lot of room to mix and easy clean up! Pop 8 qts of popcorn in an air popper or other. Can also use hullless popcorn instead. Mix margarine, brown sugar, and white Karo syrup together and boil for 5 minutes. Take off heat. Add: 1/2 t baking soda, 1/4 t real vanilla extract, 1/4 t cream of tarter, dash of salt, peanuts (optional). Mix and pour over popped corn in clean and dry sink (add peanuts now, if desired) and blend with large wooden, greased spoon gently, without smashing or breaking popcorn. Spread on 2-3 greased cookie sheets and bake at 200° for 1 hour, stirring every 15 minutes. Cool and place in zip locked plastic bags to keep fresh. Keep tightly sealed! Can be frozen

## **Microwave Caramels**

**Submitted by Jeff & Debbie Pageler  
Parents of SPC Bryce Pageler and  
Father/Mother in Law of SPC Wade Powell**

<i>1 C butter</i>	<i>1/8 tsp salt</i>
<i>1 can sweetened condensed milk</i>	<i>1 tsp. vanilla</i>
<i>2 1/2 C light corn syrup</i>	

Mix and microwave on high 2 minutes, Stir, 2 more minutes, stir, 11 minutes.

Add 1 tsp vanilla, let set for 15 minutes and pour into 9x13 cake pan.



## **Monster Cookies**

Submitted by Jennifer Voss  
Wife to CPT Keith Voss

6 eggs	1 C. margarine or butter
2 1/2 C. brown sugar	1 (24 oz) jar peanut butter
2 C. white sugar	9 C. oatmeal
1 tsp. vanilla	1/2 lb. chocolate chips
1 T. white syrup	1/2 lb. M & M's
4 tsp. soda	

Mix ingredients together thoroughly in a large mixing bowl in order given. Drop by large tablespoon or ice cream scoop on ungreased cookie sheet and flatten (about 6 to a sheet). Bake at 350° for 12 minutes (do not overbake).

Makes about 9 dozen cookies. These freeze well.

## **Monster Cookies**

Submitted by Robin Schlechter  
Sister of SPC Rodney Schlechter

12 Eggs	3 lbs. Peanut butter
1 lb. Butter	18 C. Oatmeal
2 lbs. Brown sugar	8 tsp. Baking soda
4 C. White sugar	1 lb. Chocolate chips
1 T. Vanilla	1 lb. M&M candies
1 T. White or dark syrup	

Mix ingredients in order above. Scoop out dough with an ice cream scoop. Put on greased cookie sheet, 6 cookies to a sheet. Flatten to 1/2 inch thick with a sugared bottom of glass.

Bake at 350° for 12 minutes.

Note: You may use half of the ingredients to make normal sized cookies. bake them at 350° for 8 to 10 minutes.

## **Mrs. Fields Cookies**

Submitted by Beth Gray  
Mother of PV2 Zaide Gray

2 C. butter	1 tsp. salt
2 C. sugar	2 T. baking soda
2 C. brown sugar	2 T. baking powder
4 eggs	24 oz. chocolate chips
2 T. vanilla	8 oz. hershey bar (processed in blender)
4 C. flour	2 C. chopped nuts
5 C. oatmeal (processed in blender to powder)	

Cream butter and sugar. Add eggs, vanilla, flour, oatmeal, salt, soda and baking powder. Add chips, hershey bar and nuts.  
Bake 6 - 8 minutes at 375°. Do not overbake.  
Freezes really well.

## **No Bake Cookies**

Submitted by Kristi Koll  
Wife of SSG Adam Koll

1 stick (1/4 lb) butter	3 C. quick cooking oatmeal
2 C. sugar	1/2 C. flaked coconut
1/2 C. cocoa	1 tsp. vanilla
1/2 C. milk	

- In a heavy saucepan, combine butter, sugar, cocoa, and milk. Heat until boiling and continue to boil until mixture reaches the soft-ball stage on a candy thermometer.
- Remove pan from heat and stir in remaining ingredients.
- Drop by teaspoonful onto wax or parchment paper and let stand in a cool, dry place until set.

## **No Bake Cookies**

**Submitted In Honor of SGT Wade Anderson**

<i>1 pkg. white almond bark</i>	<i>2 C. miniature marshmallows</i>
<i>1 C. peanut butter</i>	<i>2 C. rice krispies</i>
<i>2 C. dry roasted peanuts</i>	

Melt almond bark slowly in the microwave and stir often. Be careful as it can burn. Add peanut butter. Heat in microwave to help mix if necessary. Add the rest of the ingredients. Drop by spoonful onto wax paper.

## **No-Bake Cookies**

**Submitted by JoAnn Linn  
Wife of MAJ James Linn**

<i>1/2 C. cocoa</i>	<i>Boil for 1 minute then add:</i>
<i>1/2 C. milk</i>	<i>1/2 C. peanut butter</i>
<i>1/4 C. butter</i>	<i>2 tsp. vanilla</i>
<i>1 1/2 C. sugar</i>	<i>3 C. oatmeal</i>

Spoon out onto wax paper. Cool before serving.

## **Nut Goodies**

**Submitted by Julie Stapleton  
In Honor of SGT Travis Simmons**

<i>1 - 12 oz. pkg. chocolate chips</i>	<i>1/2 C. peanut butter</i>
<i>1 - 12 oz. pkg. butterscotch chips</i>	<i>1 bag miniature marshmallows</i>
	<i>1/2 jar peanuts</i>

Melt the chocolate chips & butterscotch chips. Add peanut butter. Grease 9 x 13 pan and place marshmallows and peanuts on bottom. Pour melted mixture over top. Refrigerate to set.

## **Oatmeal Chocolate Chip Cookies**

Submitted by Brooklyn Schlimgen  
Daughter of SSG Nate Schlimgen

<i>1 C. wheat flour</i>	<i>1 egg</i>
<i>1/2 tsp. salt</i>	<i>1 T. water</i>
<i>1/2 tsp. baking soda</i>	<i>1 tsp. vanilla</i>
<i>1 C. brown sugar</i>	<i>1 1/2 C. oatmeal</i>
<i>1/2 C. shortening</i>	<i>1 - 12-oz package chocolate chips</i>

Sift together dry ingredients. Cream shortening and sugar. Add egg. Beat in remaining ingredients. Add oatmeal and chips last. Bake on greased cookie sheet at 375° for 8 - 10 minutes. Do not overbake.

## **Oatmeal Raisin Cookies**

Submitted In Honor of SPC Jacob Gaikowski

<i>2 1/4 C. flour</i>	<i>1 C. butter, softened, cut into pieces</i>
<i>1/2 C. quick oats</i>	<i>2 large eggs, room temperature</i>
<i>3/4 tsp. baking soda</i>	<i>1 T. vanilla</i>
<i>1/2 tsp. salt</i>	<i>1 1/2 C. raisins</i>
<i>1 1/2 C. dark brown sugar</i>	

In a large bowl, combine flour, oats, baking soda and salt. In a medium mixing bowl, beat brown sugar on medium speed until fluffy. Add pieces of butter, several at a time, and beat until combined. In a small bowl, lightly mix eggs and vanilla. Add eggs mixture to butter mixture and beat at low speed until smooth. Add flour mixture and beat until just combined. Mix in raisins until evenly incorporated. Chill dough in refrigerator for at least 1 hour, until firm. Preheat oven to 300°. Drop dough by teaspoonfuls onto ungreased baking sheets. Bake in oven for 22 to 23 minutes or until cookies are slightly soft and edges are light golden in color. Remove cookies to a wire rack to cool. Store in an airtight container. Makes 3 1/2 dozen.

## **Oreo Cookie Balls**

Submitted by Shannon Peck  
Wife of SSG David Peck

1 pkg. of oreos  
1 pkg. of cream cheese  
9 bricks of almond bark in any  
flavor you prefer (we like  
chocolate)

Crush oreo cookies in a food processor or food chopper. Place in large bowl. Add room temperature cream cheese to crushed cookies. Mix together with mixer then form 1 1/2 inch balls with hands. Place balls in fridge to cool for about a 1/2 hour to one hour. Balls will be easier to work with if they are cold. Melt almond bark in microwave in 30 second increments to avoid scalding the bark. Once the almond bark is melted, use 2 tooth picks to move the cookie balls into the bark one at a time. Place covered cookie balls on wax papered plate or cookie sheet into fridge. The cookie balls only take about 5 to 10 minutes to set and then are ready to eat. Enjoy!

## **Peanut Blossom Cookies**

Submitted by Julie Stapleton  
In Honor of PFC Nicholas Schaefer

1 C. shortening	3 1/2 C. flour
1 C. sugar	2 tsp. baking soda
1 C. brown sugar	1 tsp. salt
1 C. peanut butter	2 T. milk
2 eggs	1 pkg. chocolate candy stars or candy kisses

Cream sugar & shortening until fluffy. Stir in peanut butter & eggs & milk. Stir in dry ingredients. Shape into balls & place on a greased cookie sheet. Bake at 350° for about 7 minutes. Remove from oven & quickly press a chocolate candy star in center. Return to oven for 5 - 7 minutes longer.

Note: Variation for festive Christmas cookie-sprinkle holiday sprinkles on choc star.

## **Peanut Brittle**

Submitted in Honor of CW3 Thomas Flint

<i>2 C. sugar</i>	<i>2 tsp. soda</i>
<i>1 C. white syrup</i>	<i>2 tsp. vanilla</i>
<i>2 C. raw peanuts</i>	<i>1/2 tsp. salt</i>
<i>2 T. butter</i>	

Bring 1/2 cup water to boil and add sugar, salt and syrup. Stir until sugar is dissolved and spins a thread off end of spoon (about 238°). Add peanuts and cook until brown (about 300°).

Take off stove and add butter, soda and vanilla. Stir. Spread out with buttered knives on buttered cookie sheet or tin foil.

## **Peanut Butter Bon-Bons**

Submitted in Honor of SPC Joaquin Gomez

<i>2 C. powdered sugar</i>	<i>1/4 C. butter, softened</i>
<i>2 C. peanut butter</i>	<i>1 pkg. choc almond bark</i>
<i>3 C. rice krispies</i>	

Mix-roll into balls.

Chill.

Dip into melted almond bark & place on wax paper.

## **Peanut Butter Cups**

Sumbitted by Julie Stapleton

In Honor of SPC Keith Fitzgerald & Randall Fitzgerald

<i>2 C. powdered sugar</i>	<i>1 C. peanut butter</i>
<i>1 stick margarine</i>	<i>Chocolate almond bark</i>

Cream together: powdered sugar, margarine and peanut butter.

Mix into nickel size balls.

Chill.

Melt chocolate almond bark.

Line paper cup wrappers on cookie sheet. Place a dab of melted almond bark in liner. Then add peanut butter mixture. Then top with more melted almond bark.

## **Peanut Clusters**

Submitted by Julie Stapleton  
In Honor of SFC Gregory Whitlock

<i>1/2 pkg. chocolate almond bark</i>	<i>1/2 to 3/4 C. peanut butter</i>
<i>1/2 pkg. vanilla almond bark</i>	<i>1 lbs. Spanish peanuts</i>
<i>1 C. chocolate chips</i>	

Melt almond bark, chocolate chips and peanut butter & then add peanuts.

Place by spoon on wax paper to cool.

These freeze well.

## **Reese's Peanut Butter Cookies**

Submitted In Honor of Anthony Althoff

<i>1/2 C. peanut butter</i>	<i>1 egg</i>
<i>1/2 C. butter</i>	<i>1/2 tsp. vanilla</i>
<i>1/2 C. brown sugar</i>	<i>1 1/4 C. flour</i>
<i>1/2 C. white sugar</i>	<i>3/4 tsp. baking soda</i>
<i>40 miniature Reese's cups</i>	<i>1/2 tsp. salt</i>

Preheat oven to 375°. Cream peanut butter, butter, and both types of sugar together. Add egg, vanilla, flour, baking soda and salt. Mix all of these ingredients well. Roll into small balls that fill the openings in a small muffin pan about 2/3 full. Place into greased small muffin pan.

Bake for 8 to 10 minutes at 375°. Have candy unwrapped and place one Reese's cup into the middle of each cookie as soon as you remove them from the oven. Makes approximately 40 cookies.

*If you want to put the world right, start with yourself.*

## **Soft Sugar Cookies**

**Submitted In Honor of SPC Eric Lesnar**

<i>2 eggs</i>	<i>2 C. flour</i>
<i>3/4 C. vegetable oil</i>	<i>2 tsp. baking powder</i>
<i>2 tsp. vanilla</i>	<i>Dash of salt</i>
<i>3/4 C. sugar</i>	<i>Additional sugar</i>

Preheat oven to 350°. In a medium mixing bowl, beat eggs, vegetable oil and vanilla until thickened. Combine flour, baking powder and salt. Add to sugar mixture and mix well. Drop dough by teaspoonfuls 2" apart onto greased baking sheets. Sprinkle with additional sugar before baking. Bake in oven for 10 minutes or until lightly browned. Makes 2 to 3 dozen.

## **Sour Cream Softies**

**Submitted by Chris Pospishil  
Wife of SGT Scott Pospishil**

<i>1/2 C. margarine</i>	<i>1 tsp. salt</i>
<i>1 1/4 C. sugar</i>	<i>1/2 tsp. baking powder</i>
<i>2 eggs</i>	<i>1/2 tsp. soda</i>
<i>1 tsp. vanilla</i>	<i>1 C. (8 oz. carton) sour cream or</i>
<i>3 C. flour</i>	<i>1 cup sour milk (1 cup milk +</i>
	<i>2 Tbsp. vinegar)</i>

Mix ingredients together. Drop by rounded tablespoons on greased baking sheet. Spread into 2 inch rounds. Sprinkle with cinnamon and sugar. Bake for approximately 12 minutes in 400° oven. Makes about 3 1/2 dozen cake-like, soft, yummy cookies!

*A friend is someone who comes in  
when the whole world has gone out.*



## **Strawberry Bon Bons**

**Submitted In Honor of SSG Shane Wilkinson**

<i>1-14 oz. can sweetened condensed milk</i>	<i>1 tsp. almond extract</i>
<i>5 1/2 C. shredded coconut</i>	<i>Red food coloring, optional</i>
<i>1-6 oz. pkg. strawberry gelatin</i>	<i>2 1/4 C. powdered sugar, sifted</i>
<i>1 C. ground blanched almonds</i>	<i>3 T. whipped topping</i>
	<i>Green food coloring</i>

In large mixing bowl, combine sweetened condensed milk, shredded coconut, 1/3 cup gelatin mix, almonds, almond extract and food coloring. Chill for 1 hour or until firm enough to handle. Shape mixture into small strawberry shapes, using about 2 tablespoons for each, and roll in remaining dry strawberry gelatin mix to coat. Place on wax paper-lined baking sheets. In small bowl, combine sifted powdered sugar, whipped topping and a few drops green food coloring. Using pastry bag with open star tip, pipe small amount of green icing on top of each strawberry in the shape of a strawberry cap. Makes about 3 1/2 dozen.

## **Sunflower Seed Cookies**

**Submitted by Colleen Nilson  
Wife of CPT Kerry Nilson**

<i>1 1/2 C. sugar</i>	<i>1 tsp. baking powder</i>
<i>1 1/2 C. butter</i>	<i>1 C. sunflower seeds (shelled, of course)</i>
<i>1 tsp. vanilla</i>	<i>1 C. flaked coconut</i>
<i>2 3/4 C. flour</i>	
<i>1 tsp. baking soda</i>	

Beat together sugar, butter, vanilla. Mix flour, soda, baking powder. Blend previous mixture and add remaining ingredients. Roll into balls and flatten slightly. Bake at 350° for 15 minutes.

## **Tish's Budget Cookies**

Submitted by Tish Paye  
Mother of SGT Michael Paye

<i>1 C. shortening</i>	<i>1 tsp. salt</i>
<i>1 C. brown sugar</i>	<i>2 tsp. cinnamon</i>
<i>1/2 C. sugar</i>	<i>1/2 tsp. baking powder</i>
<i>2 eggs</i>	<i>1/2 tsp. baking soda</i>
<i>1 tsp. vanilla</i>	<i>4 C. dry quick oatmeal (not instant)</i>
<i>3/4 C. applesauce</i>	<i>1-1/4 C. raisins OR chocolate chips OR chopped nuts</i>
<i>1 C. flour</i>	

Cream together shortening with sugars until fluffy. Beat in eggs and vanilla, then applesauce. Mix well. Aside, sift together dry ingredients except oatmeal; add to wet mix. Stir in oatmeal, then raisins, chocolate or nuts. Drop from teaspoon onto greased sheets. Bake at 400° til golden, 12-15 minutes. Cool on wire rack.

VARIATION: Divide dough after adding oatmeal. Add 1 C. chips to one part, 3/4 C. raisin to another, and 1/2 C. nuts to third part, or to taste

## **Toffee**

Submitted by Mina Schmid  
In Honor of SGT Myron Haar

<i>1 C. butter</i>	<i>Chocolate Chips</i>
<i>1 C. sugar</i>	<i>Nuts</i>

Boil butter & sugar until golden brown on medium high heat. Pour into a greased jelly roll pan. (I put foil on the pan and grease that).

Let the mixture cool.

Melt chocolate chips and spread onto toffee. Add nuts on top of that.

Break into pieces and store.

## **Ultimate Chocolate Chip Cookies**

Submitted by Susan Paye  
Wife of SGT Michael Paye

1 1/2 C. butter softened	4 1/4 C. all-purpose flour
1 1/4 C. sugar	1 tsp. baking powder
1 1/4 C. firmly packed brown sugar	1 tsp. baking soda
2 eggs	1 (12-ounce) pkg (2 C.) real semi-sweet chocolate chips
1 T. vanilla	

Heat oven to 375°. Combine butter, sugar, brown sugar, eggs and vanilla in large bowl. Beat at medium speed until creamy. Reduce speed to low; add flour, baking powder and baking soda. Beat until well mixed. Stir in chocolate chips.

Drop dough by rounded tablespoonfuls, 2 inches apart, onto ungreased cookie sheets. Bake for 10 to 12 minutes or until light golden brown. Let stand 1 to 2 minutes. Remove from cookie sheets.

Can also substitute one cup of flour for a cup of peanut butter or a cup of oatmeal

Ultimate Chocolate Chip Bars: Prepare cookie dough as directed. Spread into lightly greased 15x10x1-inch jelly-roll pan. Bake for 25 to 30 minutes or until toothpick inserted in center comes out clean. Cool completely. Cut into 48 bars.

## **Unbaked Chocolate Oatmeal Cookies**

Submitted by Brenda Mason  
Mother of SGT Adam Mason

2 C. sugar	Pinch of salt
6 T. cocoa	1 tsp. vanilla
1/2 C. margarine	3 C. oatmeal
1/2 C. milk	3/4 C. chopped nuts

Mix then bring to a boil the first five ingredients, stirring constantly. let boil 3 minutes without stirring.

Remove from heat and add vanilla, oatmeal and nuts.

Drop by spoonful on waxed paper.

The background of the entire image is a close-up, slightly blurred photograph of the American flag. The stars and stripes are visible, with the blue field containing white stars and the red and white stripes flowing across the frame. The text is centered over this background.

# Bars, Cakes & Frostings

## **Angel Bars**

Submitted by Julie Stapleton  
in Honor of SSG Troy Beisch

4 eggs-beaten well

2 C. sugar

2 C. flour

2 tsp. baking powder

1/2 tsp. salt

1 C. cold water

2 tsp. vanilla

*Frosting:*

1 egg

1/2 C. melted margarine

1 tsp. vanilla

2 to 3 C. powdered sugar

Mix together the eggs & sugar - beat for 5 minutes. Add: flour, baking powder, salt. Add water and vanilla. Beat all for 1 minute. Bake at 350° for 20 minutes.

Frost with (egg, margarine, vanilla, powdered sugar)

Top with finely chopped salted peanuts

## **Apple Macaroon**

Submitted by Erica Steiner  
Wife of SPC Brandon Steiner

2/3 C. sugar

1/3 C. flour

1 egg

1 1/2 tsp. baking powder

1/2 C. diced apples

1/2 C. nuts

Pinch of salt

Mix together and put in a 9 inch pie pan.

Bake at 350° for 45 minutes.

Serve with cool whip or ice cream.

*A good memory is fine -  
but the ability to forget can also be good.*

## **Apple Quickies**

Submitted by Candy Thomas  
Mother-in-law to CPT Keith Voss

<i>1 1/2 C. diced unpeeled apples</i>	<i>1/3 C. flour</i>
<i>1/2 C. nuts</i>	<i>1 heaping tsp. baking powder</i>
<i>1 egg, beaten</i>	<i>1 tsp. vanilla</i>
<i>2/3 C. sugar</i>	

Add 1 1/2 cup diced unpeeled apples and 1/2 cup nuts. Then combine egg, sugar, flour baking powder and vanilla.  
Bake 30 minutes at 325°.  
Serve with ice cream or topping.

## **Applesauce Cake**

Submitted by JoAnn Linn  
Wife of MAJ James Linn

<i>1/2 C. butter</i>	<i>1 egg beaten</i>
<i>2 tsp. soda</i>	<i>2 C. flour</i>
<i>1/2 tsp. cloves</i>	<i>1 tsp. baking powder</i>
<i>1 C. sugar</i>	<i>1/4 tsp. salt</i>
<i>1 1/4 C. cold thick applesauce</i>	<i>1 C. raisins</i>
<i>1 tsp. cinnamon</i>	

Cream sugar & butter, beat in eggs. Add soda to applesauce & stir into sugar/butter mixture. Mix flour, spices, baking powder, salt & stir into mixture. Stir in raisins (don't beat). Pour into greased & floured 8 x 11 pan. Bake @ 350° for 25 - 30 minutes.

*It is good to let a little sunshine out as well as in.*

## **Babe Ruth Bars**

**Submitted In Honor of SGT Tanner Haines**

*1 C. peanut butter  
1 C. corn syrup  
1/2 C. brown sugar  
1/2 C. sugar*

*6 C. cornflakes cereal  
1 C. chocolate chips  
2/3 C. peanuts*

In a large saucepan over medium heat, combine peanut butter, corn syrup, brown sugar and sugar. Cook, stirring occasionally, until mixture is smooth. Remove from heat and immediately stir in cornflakes, chocolate chips and peanuts. Mix well until evenly coated. Press mixture into a greased 9x13" baking dish. Let cool completely before cutting into bars. Makes 18 bars.

## **Banana Bars**

**Submitted by Susan Paye  
Wife of SGT Michael Paye**

*3/4 C. white sugar  
3/4 C. brown sugar  
1/2 C. butter  
2 eggs  
1 tsp. vanilla*

*1/2 C. sour cream  
2 C. flour  
1 tsp. soda  
1 C. mashed bananas  
1 C. coconut and walnuts  
(optional)*

Mix sugar and butter. Add eggs and mix well. Add sour cream, vanilla, and bananas. then add dry ingredients. pour into greased and floured jelly roll pan.  
Bake at 350° for 25 minutes.

*There is nothing wrong with the younger generation  
that twenty years won't cure.*

## **Banana Bars**

Submitted In Honor of SSG Carl Pulscher

<i>2 C. sugar</i>	<i>3 eggs</i>
<i>1/2 C. melted butter</i>	<i>2 C. flour</i>
<i>3 Medium bananas mashed</i>	<i>1 tsp. baking soda</i>
<i>1 tsp. vanilla</i>	<i>Pinch of salt</i>

Mix sugar and butter. Add bananas, vanilla and eggs. Mix well and then add flour, baking soda and salt. Bake at 350° for 25 to 30 minutes, in a jelly roll pan.

Frosting:

*1/2 C. melted butter*  
*8 oz. soft cream cheese*  
*2 tsp. vanilla*  
*4 C. powdered sugar*

## **Blueberry Coffee Cake**

Submitted by Sharon Brockhaus  
Mother of SPC Lucas Brockhaus

<i>2 C. flour</i>	<i>1 1/2 C. blueberries</i>
<i>1 C. sugar</i>	<i>TOPPING:</i>
<i>1 T. baking powder</i>	<i>1/3 C. brown sugar</i>
<i>1 tsp. salt</i>	<i>1/3 C. white sugar</i>
<i>1/2 C. soft margarine</i>	<i>2 tsp. cinnamon</i>
<i>1 C. milk</i>	<i>1/2 C. chopped nuts</i>
<i>2 eggs - well beaten</i>	<i>1 T. melted margarine</i>
<i>1 tsp. vanilla</i>	

Mix flour, sugar, baking powder, salt & soft margarine until crumbly.

Make a well in center and add milk, eggs and vanilla mixing only until blended.

Stir in berries. Put batter in greased 9 x 13 pan.

Mix the topping together - brown sugar, white sugar, cinnamon, chopped nuts and margarine.

Bake at 350° for 30 - 35 minutes.



## **Brown Sugar Frosting**

Submitted by JoAnn Linn  
Wife of MAJ Jim Linn

2 C. brown sugar  
1/2 C. butter

1/2 C. cream

Boil to 238°. Cool, beat and spread

## **Brownies**

Submitted by Sharon Brockhaus  
Mother of SPC Lucas Brockhaus

2 C. white sugar  
1 C. margarine  
3 eggs  
3/4 C. cocoa  
1 C. milk

2 C. flour  
1/2 tsp. baking powder  
1 tsp. vanilla  
1 C. nuts (or less)

Mix and bake in a 10 x 15 pan at 350° for about 20 minutes.

## **Brownies**

Submitted by Susan VanPatten  
Mother of PFC Adam Trudell

1 C. Butter (2 sticks)  
2 C. Sugar  
4 Eggs  
1/2 C. Cocoa  
1/2 tsp. Vanilla  
1/2 tsp. Salt

1 C. Flour  
1/4 C. Cocoa  
1/4 C. Butter  
1/4 C. Milk  
1 C. Sugar  
1 tsp. vanilla

Mix first six (butter, sugar, eggs, cocoa, vanilla, & salt) ingredients with a mixer. Add flour and stir it in pour in a 9 x 13 pan bake at 350° for 35 minutes. When cool, frost.

Frosting: Boil 1/4 C. cocoa, 1/4 C. butter, 1/4 C. milk & 1 C. sugar together. Then add 1 tsp. vanilla.

Hint: I like to put in cold water and beat till it starts to set up. Then frost your brownies.

## **Buster Bar**

Submitted by Marlys Fisher  
Mother of CPT Damien Fisher

1 - 16-20 oz. oreo cookies,  
crushed

1/2 C. melted butter

1/2 - 3/4 gallon vanilla ice  
cream

12 oz. pkg salted spanish  
peanuts

Sauce: (combine all and boil,  
stirring constantly)

1/2 C. evaporated milk

2/3 C. chocolate chips

1/2 C. butter

2 C. powdered sugar

Mix and press oreos and butter into a 9 x 13 & 8 x 8 pan & freeze.  
Spoon 1/2 - 3/4 gallon vanilla ice cream over crust. Freeze.

When frozen sprinkle on 12 oz. pkg salted spanish peanuts over ice  
cream. Pour cooled sauce over all & freeze.

Make sure the sauce is cooled before you pour on.

## **California Bars**

Submitted by Geraldine Kriz  
Mother of SFC Kristi Palmer

1/2 C. butter (melted)

1 C. graham crackers (crushed)

1 C. chocolate chips

1 C. coconut

1 C. walnuts (chopped)

1 can eagle brand sweetened  
condensed milk

Mix butter and graham crackers together and press into the bottom  
of a 9 x 13 pan.

Then put the ingredients on in order, chocolate chips, coconut,  
walnuts and eagle brand milk.

Bake for 1/2 hour at 350°.

## **Caramel Layer Chocolate Bars**

Submitted by JoAnn Linn  
Wife of MAJ James Linn

- |  |  |
|--|--|
| <i>1 pkg. (14 oz) light caramels</i>   | <i>1 pkg. (6 oz) chocolate chips</i>         |
| <i>1 pkg. German Chocolate Cake Mix (separate into 3/4 &amp; 1/4 measurements)</i> | <i>2/3 C. evaporated milk (split in 1/2)</i> |
|  | <i>1/4 C. margarine</i>                      |

Melt caramels and 1/3 c. evaporate milk. While that's melting, mix 3/4 cake mix, margarine and 1/3 cup milk and bake for 6 minutes in a 9x13 pan at 350 degrees. Pour chips & caramel over the cake then crumble the remaining cake mix over the top and bake for 15 minutes.

## **Caramel Oatmeal Bars**

Submitted by Char Pohlen Mother &  
Samantha Pohlen Wife of SGT Justin Pohlen

- |                           |                                   |
|---------------------------|-----------------------------------|
| <i>1 C. flour</i>         | <i>1/4 tsp. salt</i>              |
| <i>1 C. oatmeal</i>       | <i>32 caramels</i>                |
| <i>3/4 C. brown sugar</i> | <i>5 T. milk</i>                  |
| <i>3/4 C. butter</i>      | <i>6 oz. pkg. chocolate chips</i> |
| <i>1/2 tsp. soda</i>      |                                   |

Spread 2/3 of above ingredients (flour, oatmeal, brown sugar, butter, soda & salt) in greased 9 x 13 pan. Bake 10 minutes at 350°.

Melt 32 caramels and 5 T. milk in microwave. Sprinkle a 6 oz. pkg of chocolate chips over baked crust. Pour caramel mixture over chips. Crumble remaining flour mixture over caramels. Bake for 15 minutes at 350°. Cut when cool.

## **Caramel Pecan Dream Bars**

Submitted in Honor of SSG Jeffrey Wacholz

<i>1-18 oz. box yellow cake mix</i>	<i>1 tsp. vanilla</i>
<i>1/3 C. margarine or butter, softened</i>	<i>1 C. chopped pecans</i>
<i>2 eggs, divided</i>	<i>1/2 C. toffee baking chips</i>
<i>1-14 oz. can sweetened condensed milk</i>	

Preheat oven to 350°. Grease 9x13" baking dish. In large bowl, combine cake mix, margarine and 1 egg. Mix at high speed until crumbly. Press mixture into prepared pan. In small bowl, beat sweetened condensed milk, remaining 1 egg and vanilla. Mix until blended. Fold in chopped pecans and toffee baking chips. Pour over crust in pan, spreading evenly. Bake in oven for 25 to 35 minutes or until light golden brown. Center may appear loose, but will set upon cooling. Allow bars to cool completely before cutting. Makes 26 bars.

## **Carmel Bars**

Submitted by Betti Davis  
Mother of SSG Steven Earl Davis

<i>1 (14 oz) pkg. of light carmels</i>	<i>1/3 C. evaporated milk</i>
<i>1/3 C. evaporated milk</i>	<i>1 C. chopped walnuts</i>
<i>1 pkg. german chocolate cake mix</i>	<i>1 C. chocolate chips</i>
<i>3/4 C. (1 1/2 sticks) of fleishmans margarine</i>	

In heavy saucepan combine carmels and 1/3 cup evap. milk. Cook over low heat. Stir constantly till carmels are melted. Set aside. Grease and flour your pan. In large bowl combine dry cake mix, melted margarine, 1/3 C. milk and chopped walnuts. Stir by hand till dough holds together.

Press 1/2 of dough in pan, reserve remaining dough for topping. Bake 350° for 6 minutes. Then sprinkle chocolate chips over baked crust, then carmel mixture, then remaining dough. Return to oven, bake 18 minutes. Cool. Refrigerate 30 minutes. Cut into 36 bars

## **Carmel Bites**

**Submitted by Theresa Landis-Jacob & Devin Jacob  
Mother & Sister to PFC Tyler Jacob**

<i>3 pkgs. buttermilk biscuits, cut in half and flipped in cinnamon sugar</i>	<i>1/2 C. white sugar</i>
<i>1/2 C. brown sugar</i>	<i>1/2 C. butter</i>
	<i>1/2 C. ice cream</i>

Melt and heat sugars, butter and ice cream - pour over biscuits in 9 x 13 pan bake for 20 minutes at 350°.

## **Carmel Brownies**

**Submitted by Suzanne Sprecher  
Sister-in-law of CPT Patrick Sprecher**

<i>1 box German chocolate cake mix</i>	<i>1/3 C. evaporated milk</i>
<i>3/4 C. melted butter</i>	<i>50 caramels</i>
<i>1/3 C. evaporated milk</i>	<i>1 C. Milk Chocolate Chips</i>

Mix the cake mix, butter and evaporated milk and place 1/2 of the mixture into a greased 9 x 13 pan. Bake for 6 minutes at 350°. In a separate bowl heat and melt 1/3 C. evaporated milk and caramels. Put the caramel mixture on top of the semi-cooked cake. Add chocolate chips and the remaining cake mix in patches. Bake for 18 minutes in 350° oven. Refrigerate for 30 minutes. Cut and enjoy!

*Give others a piece of your heart,  
not a piece of your mind.*

## **Carrot Bars**

Submitted by Amy Kozak  
Significant other of SSG Neal Stratman

4 eggs	2 tsp. cinnamon
2 C. sugar	2 C. flour
1 1/2 C. oil	3 C. carrots-grated
1/2 tsp. salt	3/4 C. nuts
2 tsp. baking soda	

Beat eggs. Add sugar and oil. Beat well and rest of the ingredients. Mix well. Pour into greased jelly roll pan and bake at 350° for 30 minutes.

Optional cream cheese frosting mix.

## **Carrot Cake**

Submitted by Kim Chase  
Sister-in-Law to LTC David Chase

1 C. cooking oil	1 C. nuts
2 C. sugar	1 can (15 oz) crushed pineapple w/juice
3 eggs, beaten	
2 1/4 C. flour	Cream cheese frosting.
2 tsp. cinnamon	3 oz. cream cheese
2 tsp. baking soda	1/4 C. butter (no substitutes)
1 tsp. salt	Beat well
2 tsp. vanilla	2 C. powdered sugar
2 C. carrots, shredded	
2 C. coconut	

Put all ingredients in bowl and mix well.

Bake in a 9 x 13 pan at 350° for 50 - 55 minutes or until done.

Frost when cooled

(I don't like chunky pieces in my cake, so I put carrots, coconut and pineapple and nuts in my food chopper)

## **Cereal Bars**

Submitted by Morgan Pageler  
Sister/Sister-in-law of SPC Bryce Pageler and  
SPC Wade Powell

<i>1 C. Corn Syrup</i>	<i>4 C. Cheerios</i>
<i>1 C. Sugar</i>	<i>2 C. Rice Crispies</i>
<i>1 1/2 C. Peanut Butter</i>	<i>2 C. M&amp;M's</i>
<i>1 Tsp. Vanilla</i>	<i>2 C. peanuts</i>

Bring 1 C. Corn Syrup and 1 C. Sugar to a boil  
Add: 1 1/2 C. Peanut Butter & 1 Tsp Vanilla  
Mix all ingredients together and put in greased 9 x 13 pan

## **Charleston Cherry Bars**

Submitted by Linda Sween  
Wife to SSG Brandon Sween

<i>2 C. all-purpose flour</i>	<i>1 tsp. vanilla extract</i>
<i>2 tsp. baking powder</i>	<i>1 tsp. almond extract</i>
<i>1/4 tsp. salt</i>	<i>1 bottle (10 oz.) red maraschino cherries, drained and chopped</i>
<i>1/2 C. (1 stick) unsalted butter, softened</i>	<i>1 C. packed light-brown sugar</i>
<i>1 C. granulated sugar</i>	<i>1/2 C. chopped pecans</i>
<i>2 eggs</i>	

Heat oven to 350°. Coat a 13 x 9 x 2 inch baking pan with butter or shortening. In a small bowl, combine flour, baking powder and salt. Set aside. In a medium size bowl, cream butter and granulated sugar about 2 minutes. Add 1 of the eggs and 1 egg yolk, reserving white. Mix well. Add vanilla and almond extracts. Blend in flour mixture until smooth.

Scatter dough in prepared pan. Pat down evenly with buttered fingers or a rubber spatula. Set aside. Beat reserved egg white to stiff but moist peaks in a medium size bowl. Pat cherries dry with a paper towel. Stir in cherries and light-brown sugar until combined. Spread over prepared crust in pan. Sprinkle with chopped pecans. Bake at 350° for 30 minutes. Cool cookie completely in pan on rack before cutting into bars and serving.

## **Cheesecake Bars**

Submitted by Jeff & Debbie Pageler  
Parents of SPC Bryce Pageler and  
Father/Mother in Law of SPC Wade Powell

<i>2 pkgs. crescent rolls</i>	<i>1 egg yolk</i>
<i>1 C. sugar</i>	<i>2 pkgs. (8 oz) cream cheese</i>
<i>1 tsp. vanilla</i>	<i>softened</i>

Press one pkg crescent rolls into ungreased 9x13 pan. Beat together sugar, vanilla, egg yolk, and cream cheese. Spread over bottom layer. Roll-out remaining crescent rolls in between 2 sheets wax paper. Lay over cream cheese layer. Sprinkle with cinnamon & sugar. Bake at 350° for 25 - 30 minutes. Cool 1/2 hour and store in refrigerator.

## **Cherry Bing Bars**

Submitted by Florence Hink  
Grandmother of SPC Marvin Kohrs

<i>2 C. sugar</i>	<i>1 tsp. vanilla</i>
<i>2/3 C. evaporated milk</i>	<i>10 oz. peanuts (salted)</i>
<i>Dash of salt</i>	<i>3/4 C. peanut butter</i>
<i>12 regular marshmallows</i>	<i>1 T. butter</i>
<i>1/2 C. margarine</i>	<i>10 oz. chocolate chips</i>
<i>1 C. cherry chips</i>	

Combine first 6 ingredients (sugar, evaporated milk, salt, marshmallows, & margarine) together over medium-high heat. boil for 5 minutes. Remove from heat. Add cherry chips and vanilla. Pour into buttered 9 x 13 cake pan. Mix chocolate chips in double boiler, add peanut butter, butter and crushed peanuts. Spread over cherry mixture and chill.



## **Cherry Bing Bars (Christmas Candy Favorite)**

Submitted by Jennifer Hrdlicka  
Sister of SGT Brian McGuire

<i>2 C. sugar</i>	<i>Top Layer:</i>
<i>2/3 C. evaporated milk</i>	<i>1-12 oz. package of chocolate chips</i>
<i>12 regular sized marshmallows</i>	<i>10 oz. salted peanuts chopped</i>
<i>1/2 C. butter</i>	<i>3/4 C. of peanut butter</i>
<i>1- 6 oz. package of cherry chips</i>	<i>1 tsp. butter</i>
<i>1 tsp. vanilla</i>	

Combine sugar, evaporated milk, marshmallows, and butter, boil for 5 minutes, remove from heat. Add cherry chips and vanilla. Spray 9x13 pan. Pour in cherry mixture and chill. Melt top layer ingredients on low to med heat or in microwave. Pour over cherry mixture and keep cold.

## **Cherry Coffee Cake**

Submitted by Jan Johnson  
Mother of SGT Brian Voigt

<i>1 C. butter</i>	<i>2 tsp. baking powder</i>
<i>1 C. sugar</i>	<i>1 can pie filling (cherry, apple or blueberry)</i>
<i>2 eggs</i>	<i>1/2 C. flour</i>
<i>1 tsp. vanilla</i>	<i>1/2 C. sugar</i>
<i>2 C. flour</i>	<i>5 T. butter</i>
<i>1/2 tsp. salt</i>	

Powdered sugar frosting (flavored with almond). Cream 1 cup butter and 1 cup sugar. Add eggs, vanilla, 2 cups flour, salt and baking powder. Spread 3/4 of the batter in a greased 9 x 13 pan. Spread the pie filling on top. With a teaspoon, put remainder of batter on top in dabs. Combine 1/2 cup flour, 1/2 cup sugar and 5 tbsp butter. Mix until crumbly and sprinkle on cake. Bake at 350 degrees for 35-40 min. Drizzle powdered sugar frosting over all.

## **Cherry-Nut Squares**

Submitted by Erin Schlimgen  
Wife of SSG Nate Schlimgen

<i>1/2 C. butter</i>	<i>1 tsp. salt</i>
<i>1/2 C. vegetable shortening</i>	<i>1/2 C. chopped walnuts</i>
<i>1 C. sugar</i>	<i>1 tsp. almond flavoring</i>
<i>1 tsp. vanilla</i>	<i>1 can cherry pie filling</i>
<i>2 eggs</i>	<i>Powdered sugar</i>
<i>2 C. flour</i>	

Mix 1st eight ingredients well. Spread 3/4 of this batter in an ungreased 9 x 13 pan. Stir flavoring into cherry pie mix and spread over the batter. Dot remaining batter over the top of the filling and bake 45 minutes at 350°. When cool, sprinkle with powdered sugar and cut into squares.

## **Chocolate Chip Bars**

Submitted by Tammy Chase  
In Honor of CPT Martin Yost

<i>1 C. butter or margarine</i>	<i>1 tsp. vanilla</i>
<i>2/3 C. brown sugar</i>	<i>1 tsp. salt</i>
<i>2/3 C. white sugar</i>	<i>2 C. flour</i>
<i>3 eggs</i>	<i>1 C. chocolate chips</i>
<i>1 tsp. soda</i>	

Cream margarine, sugar and eggs. Add soda, vanilla, salt and flour. Mix well. Add chocolate chips  
Put into a 9 x 13 pan. Bake at 375° for 15 -20 minutes.

## **Chocolate Mint Brownies**

Submitted by JoAnn Linn  
Wife of MAJ James Linn

### *Chocolate Mint Brownies*

1 C. flour  
1/2 C butter - softened  
1/2 tsp salt  
4 eggs  
1 tsp. vanilla  
1 can (16 oz) chocolate syrup  
1 C. sugar

### *Filling:*

2 C. powdered sugar  
1/2 C. buttered-softened  
1 tbl water  
1/2 tsp. mint extract  
3 drops green food coloring

### *Topping:*

1 pkg. (10 ounces) mint chocolate chips  
9 T. butter

Mix brownies and bake in greased 9x13 pan at 350 degrees for 30 minutes. Cool completely. Combine filling ingredients and beat until creamy. Spread over cooled brownies, refrigerate until set. Heat topping mix over stove on low, let cool for 30 minutes, stirring occasionally, then spread over filling. Chill before cutting. Store in fridge.

## **Chocolate Revel Bars**

Submitted by Darlene Buschenfeld  
Wife of SFC Mark Buschenfeld

### *Crust:*

1 C. butter  
2 C. brown sugar  
2 eggs  
2 tsp. vanilla  
2 1/2 C. flour  
1 tsp. baking soda  
1 tsp. salt

### *3 C. oatmeal*

### *Filling:*

1 (12 oz.) pkg chocolate chips  
1 can condensed milk  
2 T. butter  
1/2 tsp. salt  
2 tsp. vanilla

Mix together (butter, brown sugar, vanilla, flour, baking soda, salt & oatmeal) ingredients. Press onto a jelly roll pan. (Save some to sprinkle on the top.)

Melt together filling ingredients (chocolate chips, condensed milk, butter salt and vanilla). Spread on top of crust. Sprinkle on the rest of crust mixture.

Bake at 350° for 25 - 30 minutes.

## **Cocoa Sheet Cake**

Submitted by Crystal McGuire  
Mother of SGT Brian McGuire

<i>1/2 C. margarine</i>	<i>1/2 tsp. salt</i>
<i>1/2 C. Crisco</i>	<i>2 eggs (beaten)</i>
<i>1 C. water</i>	<i>1 C. buttermilk or (1 T. lemon</i>
<i>4 T. cocoa</i>	<i>juice &amp; milk to make 1 C.</i>
<i>2 C. sugar</i>	<i>buttermilk and let set for</i>
<i>2 C. flour</i>	<i>5 minutes before adding to</i>
<i>1 tsp. soda</i>	<i>mixture)</i>

On top of stove in small sauce pan combine first four ingredients and bring to a boil. Add the following measured ingredients into a large bowl while cooking above. 2 cup sugar, 2 cup flour, 1 tsp. soda, 1/2 tsp salt.

Mix dry ingredients together lightly with a spoon and then add 1 cup buttermilk or (1 tbsp. lemon juice & milk to make 1 cup buttermilk and let set for 5 minutes before adding to mixture) and 2 eggs (beaten).

Immediately add the cooked chocolate mixture to all and mix well with beater. Mixture will be somewhat runny, not thick. Pour into a greased and floured 11 x 16 sheet cake pan. Bake at 400° for 20 minutes.

## **Cocoa Sheet Cake Icing**

Submitted by Crystal McGuire  
Mother of SGT Brian McGuire

<i>6 T. milk</i>	<i>1 lb. of sifted powdered sugar</i>
<i>1/2 C. margarine</i>	<i>1 tsp. vanilla</i>
<i>4 T. cocoa</i>	

On top of stove in small sauce pan combine first 3 ingredients and bring to a boil. Remove from stove and add to 1 pound of sifted powdered sugar in a large bowl. Mix well, add 1 tsp vanilla. Add more powdered sugar if frosting is too thin or milk if frosting too thick. Should be a smooth consistency, (easy to pour on cake but not runny).

Spread icing on cake; sprinkle with pecans (optional)

Use remainder of frosting on graham crackers for cookies.

This recipe is a family hand-me-down from my mom that is served with home made ice cream for special family gatherings.

## **Coffee Cake Pizza**

**Submitted by Marlys Fisher  
Mother of CPT Damien Fisher**

*Frozen bread dough*

*Butter*

*Brown sugar*

*Cinnamon*

*Powdered sugar*

*Milk*

*Flavoring*

Thaw frozen bread dough according to the directions. Grease small cookie sheet, then sprinkle with cornmeal or oatmeal. Press out one frozen bread loaf on pan, the thinner the better. I use round small cookie sheet. Spread butter over dough; sprinkle with brown sugar and cinnamon to liking. Bake at 350° for about 15 minutes.

For icing (powdered sugar, milk & flavoring) add a little clear vanilla or almond flavoring and mix into powdered sugar. Drizzle lightly over coffee cake pizza. Looks fancy but is very easy.

## **Cornflake Bars**

**Submitted by Angela Glover  
Wife of SSG Burton Glover**

*1/2 C. sugar*

*1/2 C. white syrup*

*1/2 C. peanut butter*

*1/2 tsp. vanilla*

*6 C. cornflakes*

Bring sugar and syrup to a light boil stirring constantly, shut off burner and stir in peanut butter (chunky peanut butter optional) and vanilla, pour over the six cups of cornflakes and stir together. Press into a sprayed 9 x 13 in pan (spray fingers or spatula for pressing) let them firm up and serve.

## **Cream Cheese Frosting**

**Submitted by Susan Paye  
Wife of SGT Michael Paye**

*8 oz cream cheese softened*

*1/2 C. butter*

*2 C. powdered sugar*

*1 tsp. vanilla*

Mix with mixer until smooth

## **Cream Cheese Squares**

Submitted by Jamie Kenny  
Wife of CPT Sean Kenny

<i>2 (8 oz.) cans refrigerated crescent roll dough</i>	<i>1 tsp. vanilla extract</i>
<i>2 (8 oz.) pkgs. cream cheese</i>	<i>1/2 C. margarine, melted</i>
<i>1 C. white sugar</i>	<i>1/4 C. white sugar</i>
	<i>1 tsp. ground cinnamon</i>

Preheat oven to 350°.

Grease a 9 x 13 inch pan.

Press one can of the crescent rolls into the bottom of the prepared pan. In a medium bowl, mix together the cream cheese, 1 C. of sugar, and vanilla until smooth and creamy. Spread over the crescent layer. Unroll the second can of crescent rolls and lay them on top of the cream cheese layer. Do not press down. Pour the melted margarine over the entire pan. Combine the remaining 1/4 cup of sugar and cinnamon; sprinkle over the top.

Bake for 25 to 30 minutes in the preheated oven, or until the top is crisp and golden.

## **Easy and Eggless Chocolate Cake**

Submitted by Kari Meyerink  
Sister of SPC Justin Blais

<i>3 C. all -purpose flour</i>	<i>1/4 C. oil</i>
<i>2 C. white sugar</i>	<i>1/2 C. applesauce</i>
<i>1 tsp. salt</i>	<i>2 T. apple cider vinegar</i>
<i>2 tsp. baking soda</i>	<i>2 tsp. vanilla extract</i>
<i>1/2 C. unsweetened cocoa powder</i>	<i>2 C. cold water</i>

Sift flour, sugar, salt, soda and cocoa together. Then add applesauce, oil, vanilla, and water. Stir well. Pour into greased 9 x 13 inch pan. Bake at 350° for 30 - 40 minutes or until toothpick comes out clean. Let cool and either dust with powder sugar or frost with your favorite frosting.

## **Easy and Eggless Chocolate Cake**

Submitted by Kari Meyerink  
Sister of SPC Justin Blais

<i>3 C. all -purpose flour</i>	<i>2 T. apple cider vinegar</i>
<i>1/2 C. applesauce</i>	<i>2 tsp. baking soda</i>
<i>2 C. white sugar</i>	<i>2 tsp. vanilla extract</i>
<i>1/4 C. oil</i>	<i>1/2 C. unsweetened cocoa powder</i>
<i>1 tsp. salt</i>	<i>2 C. cold water</i>

Sift flour, sugar, salt, soda and cocoa together. Then add applesauce, oil, vanilla, and water. Stir well. Pour into greased 9 x 13 inch pan. Bake at 350° for 30 - 40 minutes or until toothpick comes out clean. Let cool and either dust with powder sugar or frost with your favorite frosting.

## **Easy Cream Cheese Bars**

Submitted by Kim Gasper  
Fiance of SPC Matt Harmel

<i>2 tubes of rolls crescent rolls</i>	<i>2 pkgs. (8 oz) cream cheese</i>
<i>1 egg yolk</i>	<i>1 C. sugar</i>

In a greased 9 x 13 pan spread 1 tube of crescent rolls across the bottom, not pressing hard, stretch them to cover the bottom pan. Combine egg yolk, sugar and cream cheese then layer all on top of the crescent rolls. Gently stretch to cover the filling with the remaining tube of crescent rolls. Sprinkle with cinnamon and sugar and bake at 350° for 20- 25 minutes.

## **Easy Lemon Bars**

Submitted by Susan Paye  
Wife of SGT Michael Paye

<i>1 single step angle food cake mix</i>	<i>2 1/2 C. Powdered sugar</i>
<i>1 can of Lemon Pie Filling</i>	<i>2 T. of milk</i>
<i>1 stick butter</i>	<i>Dash of lemon juice</i>

Mix the cake mix and the lemon pie filling together. Pour into cake pan bake for 20 minutes.

Lemon Frosting:

Mix together butter, powdered sugar, milk and lemon juice. Mix with a mixer until smooth.

## **Easy Moist Rich Chewy Brownies**

Submitted by Colleen Nilson  
Wife of CPT Kerry Nilson

<i>1 1/2 C. flour</i>	<i>1 C. oil</i>
<i>2 C. sugar</i>	<i>4 eggs</i>
<i>1/2 C. + 2 T. cocoa</i>	<i>2 tsp. vanilla</i>
<i>1 tsp. salt</i>	<i>1 C. chopped nuts (opt.)</i>

Place all ingredients in mixing bowl. Beat for 3 minutes. This will be stiff. Pour into a greased 9"x13" pan. Bake at 350° for 30 min.

\*When cool, can frosted with chocolate frosting if desired.

*I've learned that I still have a lot to learn.  
I've learned that people will forget what you said,  
people will forget what you did, but people  
will never forget how you made them feel.*



## **French Silk Frosting**

Submitted by Deb Thaelke  
Wife of ISG Kent Thaelke

2 3/4 C. confectioners (powdered) sugar	3/4 tsp. vanilla
2/3 C. soft butter	2 T. milk
1 oz. melted unsweetened chocolate (cooled)	

In a small mixer bowl, blend sugar, butter, chocolate & vanilla on low speed. Slowly add milk, beat until smooth.

This frosting is velvet smooth and is better when kept chilled.

Great if used with the "Scratch Chocolate Cake" recipes in the same section.

## **Frito Bars**

Submitted by Julie Stapleton  
In Honor of SSG Glenn Scotting

1 C. karo syrup	1 C. peanut butter
1 C. sugar	1 bag Frito corn chips

Bring syrup and sugar to a boil: add peanut butter. Spray 9 x 13 inch pan with nonstick spray, arrange Fritos in pan (do not crush). Pour mixture evenly over top of Fritos. Cut into bars when cool.

## **Good Good Coffee Cake**

Submitted by Susan VanPatten  
Mother of PFC Adam Trudell

1 Box Yellow Cake Mix	3/4 C. Vegetable Oil
4 eggs	3/4 C. Water
1 Box Instant Pudding (vanilla)	1 tsp. Vanilla

Beat all ingredients above for 8 minutes. Place 1/2 the batter in a 9 x 13 pan. Mix approximately 1 C. brown sugar, 1 tsp. cinnamon, and chopped walnuts, place on half. Then put the remaining cake mix on top then if any left put on the very top. Bake at 350°, for 30 - 40 minutes.

## **Granny's Dump Bars**

Submitted by Julie Stapleton  
In Honor of SPC James Hedges

2 C. sugar	5 eggs
1 3/4 C. flour	1 C. oil
1 tsp. salt	1 tsp. vanilla
1/2 C. cocoa	

Mix dry ingredients. Add eggs & oil. Mix well, put into greased 9 x 13 pan. Sprinkle chocolate chips on before baking. Bake at 350° for 20 minutes.

## **Harvest Home Coffee Cake**

Submitted by Jan Brandlee  
Mother of SSG Evan Brandlee

1 C. margarine	2 tsp. vanilla
2 C. sugar	3 C. flour
4 eggs	2 tsp. soda
1 C. sour cream	1 tsp. cinnamon
1 C. pumpkin	1/4 tsp. salt

Cream margarine & sugar until light & fluffy. Beat in eggs one at a time. Beat in sour cream, pumpkin and vanilla. Beat in remaining ingredients.

Streusel: Cut 3 tablespoons margarine into 1 cup firmly packed brown sugar & 2 teaspoons cinnamon. Stir in 3/4 cup nuts. Spoon half of batter into a greased 9 x 13 pan. Sprinkle with half the streusel. Repeat layers. Bake at 350° for 45 to 50 minutes or until toothpick comes out clean. This makes a large, moist cake.

## **Indoor Smores**

**Submitted Wendy Wieseler  
Wife of SGT Shane Wieseler**

<i>8 C. Golden Grahams Cereal</i>	<i>5 T. butter or margarine</i>
<i>5 C. miniature marshmallows</i>	<i>1 tsp. vanilla</i>
<i>1 1/2 C. milk chocolate chips</i>	<i>1 C. miniature marshmallows</i>
<i>1/4 C. light corn syrup</i>	

Into large bowl measure cereal. Butter 8 X 9 inch pan. In large microwavable bowl microwave 5 cups marshmallows, the chocolate chips, corn syrup, and butter covered on high 2 - 3 minutes after every minute stir until melted and smooth. Stir in vanilla. Pour over cereal quickly toss until completely coated, stir in 1 cup marshmallows. Press mixture evenly in pan, using buttered back of spoon. Let stand uncovered at least one hour or refrigerate if you prefer a firmer bar. Cut and Enjoy!

## **Kit Kat Bars**

**Submitted by Julie Stapleton  
In Honor of 1LT Bracken Robinson**

<i>80 buttery round crackers</i>	<i>1/3 C. milk</i>
<i>1 1/2 C. graham cracker crumbs</i>	<i>1 C. butterscotch chips</i>
<i>3/4 C. brown sugar</i>	<i>1 C. chocolate chips</i>
<i>1 C. sugar</i>	<i>3/4 C. peanut butter</i>
<i>3/4 C. butter</i>	

Put graham crackers crumbs, brown sugar, sugar, butter & milk into saucepan & bring to a boil. Boil for 5 minutes. Put a layer of buttery round crackers in 9 x 13 pan & pour 1/2 of the graham cracker crumb mixture over it. Put another layer of crackers & pour the remaining mixture. Add last row of crackers. To make the topping: Melt over low heat the butterscotch & choc chips and peanut butter. Spread over top.

## **Lemon Bars**

**Submitted by Marlys Fisher  
Mother of CPT Damien Fisher**

<i>1 1/2 C. plus 3 T. unsifted flour</i>	<i>4 eggs slightly beaten</i>
<i>1/2 C. confectioners (powdered) sugar</i>	<i>1 tsp. baking powder</i>
<i>3/4 C. cold margarine or butter</i>	<i>1/2 C. lemon juice from concentrate</i>

Preheat oven to 350°. In medium bowl, combine 1 1/2 C. flour and 1/2 C. powdered sugar; cut in margarine until crumbly. Press in bottom of lightly greased 9 x 13 baking pan. Bake for 15 minutes.

Cool.

Meanwhile in a bowl, mix eggs, granulated sugar, baking powder, lemon juice and remaining 3 T. flour. Pour over baked crust.

Bake for 20 - 25 minutes till lightly brown.

Cool.

Sprinkle with powdered sugar. Cut into squares. Store in covered in refrigerator.

## **Marshmallow Krispie Bars**

**Submitted by Jan Brandlee  
Mother of SSG Evan Brandlee**

<i>1 pkg. brownie mix for a 9 x 13 pan</i>	<i>1 C. peanut butter</i>
<i>1 pkg. miniature marshmallows</i>	<i>1 T. margarine</i>
<i>1 1/2 C. chocolate chips</i>	<i>1 1/2 C. rice krispies</i>

Prepare & bake brownies following pkg directions for basic recipe. Remove from oven. Sprinkle marshmallows on hot brownies. Return to oven. Bake 3 minutes longer. Cook or microwave the chocolate chips, peanut butter & margarine on low heat, stirring until chips are melted. Add rice krispies. Spread over marshmallow layer. Refrigerate until chilled

## **Moist Banana Cake with Butter Cream Frosting**

Submitted by Colleen Nilson  
Wife of CPT Kerry Nilson

<i>2 1/3 C. flour</i>	<i>3 eggs</i>
<i>2/3 C. sugar</i>	<i>1 1/4 tsp. baking powder</i>
<i>1 1/4 C. (3 med) bananas, very ripe</i>	<i>1 1/4 tsp. baking soda</i>
<i>2/3 C. butter (1 stick + 2 T. + 2/3 T.)</i>	<i>1 tsp. salt</i>
<i>2/3 C. buttermilk (or 1 T. white vinegar added to 1 C. milk, stir and let set for several minutes, use 2/3 C. of this mixture)</i>	<i>2/3 C. finely chopped nuts (opt)</i>
	<i>3 C. powdered sugar</i>
	<i>1/3 C. softened butter</i>
	<i>1 1/2 tsp. vanilla</i>
	<i>2 T. milk</i>

Preheat oven to 325°. Mash bananas with mixer. Mix all cake ingredients together on low for 30 seconds, then high for 3 minutes. Grease and flour or use Baker's Joy spray on one 9x13 inch or 2 round cake pans. Bake until toothpick comes out clean from center, about 40 minutes. Butter Cream Frosting (powdered sugar, softened butter, vanilla and milk): Mix all ingredients until smooth and well blended. Wait to frost cake until slightly warm or cooled or the frosting will run.

## **Mom R's Chocolate Frosting**

Submitted by Colleen Nilson  
Wife of CPT Kerry Nilson

<i>1 C. sugar</i>	<i>1/4 C. milk or cream</i>
<i>3 T. cocoa</i>	<i>1 tsp. vanilla</i>

Bring to a rolling boil for one minute, take off heat. Beat until ready to spread

## **Monster Bars**

Submitted by Jody Unzen  
Spouse of SGT LaRon Unzen

<i>1 stick of butter</i>	<i>1 tsp. vanilla</i>
<i>1 C. brown sugar</i>	<i>2 tsp. baking soda</i>
<i>1 C. white sugar</i>	<i>4 1/2 C. quick oatmeal</i>
<i>1 1/2 C. peanut butter</i>	<i>12 oz. pkg. chocolate chips</i>
<i>3 eggs</i>	<i>12 oz. M &amp; M's</i>

Mix ingredients in order given in a large mixing bowl.  
Press into a greased jelly roll pan.  
Bake 15 minutes at 350°.  
Do Not Overbake!

## **Oatmeal Carmel Bars**

Submitted by Darla Brandlee  
Wife of SSG Evan Brandlee

<i>1 pkg. Brachs Carmel Bits</i>	<i>1 C. oatmeal</i>
<i>3 T. butter</i>	<i>1/2 tsp. salt</i>
<i>3 T. Milk</i>	<i>1 tsp. baking soda</i>
<i>3/4 C. brown sugar</i>	<i>3/4 pkg. of milk chocolate chips</i>
<i>3/4 C. flour</i>	

Melt on low heat the Brach's Carmel Bits, butter and milk. Allow to cool. Mix together the brown sugar, flour, oatmeal, salt and baking soda.

Pat 3/4 mixture in a 9 x 13 pan bake at 350° for 10 minutes. Remove from oven pour carmel mixture over crust & 3/4 pkg of milk chocolate chips dab/crumble remaining crust mixture on top and bake for 15 minutes on 350°. Refrigerate overnight.

## **Oatmeal Carmelita Bars**

**In Honor of Retired SFC Paul Chase**

*3/4 C. melted butter*

*1 C. oatmeal*

*1 tsp. soda*

*1 C. flour*

*2/3 C. brown sugar*

*1/2 tsp. salt*

Combine: Put 3/4 mixture into 9 x 13 pan. Press down with fork.  
Bake at 325° for 15 minutes.

32 Carmels

3 T. cream

3 T. butter

1 C. chocolate chips

Melt caramels, butter & cream. Pour over crust. Sprinkle with chocolate chips. Add balance of crumbs. Bake 15 minute at 325°

## **Peanut Bars**

**Submitted by Darla Brandlee  
Wife of SSG Evan Brandlee**

*1 jar dry roasted peanuts*

*1 pkg. peanut butter chips*

*3 T. butter*

*1 can sweetened condensed milk*

*10 oz. pkg. miniature  
marshmallows*

Sprinkle 1/2 jar of peanuts on bottom of 9 x 13 pan.

Melt on low heat peanut butter chips and butter.

Stir in sweetened condensed milk remove from heat add mixture marshmallows pour over peanuts in pan sprinkle remaining peanuts on top and press down & refrigerate.

*It's what we learn after we think we know it all that counts.*

## **Peanut Butter Bars**

Submitted by Jamie Kenny  
Wife of CPT Sean Kenny

1 C. butter or margarine, melted	1 1/2 C. semisweet chocolate chips
2 C. graham cracker crumbs	
2 C. confectioners' sugar	4 T. peanut butter
1 C. peanut butter	

In a medium bowl, mix together the butter or margarine, graham cracker crumbs, confectioners' sugar, and 1 cup peanut butter until well blended. Press evenly into the bottom of an ungreased 9 x 13 inch pan.

In a metal bowl over simmering water, or in the microwave, melt the chocolate chips with the peanut butter, stirring occasionally until smooth.

Spread over the prepared crust. Refrigerate for at least one hour before cutting into squares

## **Peanut Butter Oatmeal Bars**

Submitted by Kimberly J. Chase  
Wife of LTC David Chase

1(14 oz) Can Condensed Milk	1/2 tsp. Soda
1/3 C. Peanut butter	1/2 tsp. Salt
1 C. Flour	3/4 C. Butter
2 C. Oatmeal	1 C. Chocolate Chips
1 C. Brown Sugar	

Combine milk and peanut butter well. Mix flour, oatmeal, brown sugar, soda, salt and butter until crumbly. Press half of this mixture into a 9x13 pan. Pour peanut butter mixture over crumbs, sprinkle with chocolate chips and top with remaining crumb mixture. Bake about 25 minutes in 350° oven .



## **Peanut Butter Rice Krispies Bars**

Submitted by Barb Moen  
Mother of SPC Jonathan Moen

<i>1 C. white sugar</i>	<i>6 C. Rice Krispies cereal</i>
<i>1 1/2 C. peanut butter</i>	<i>1 C. chocolate chips</i>
<i>1 C. white corn syrup</i>	<i>1 C. butterscotch chips</i>

Mix sugar and corn syrup and bring to a boil. Remove from heat and stir in peanut butter. Add cereal. Press into a greased 9 X 13 pan. Melt in microwave, chocolate and butterscotch chips. Spread over bars. Cool.

## **Peanut Treat**

Submitted by Peggy Thomas  
Mother of SPC Timothy (TJ) Thomas

<i>1 pkg peanut butter cookie dough (can use choc chip)</i>	<i>1/4 C peanut butter</i>
<i>1 C choc. chips</i>	<i>1- 8 oz cream cheese, softened</i>
<i>1/4 C brown sugar</i>	<i>6 Reeses Peanut Butter Cups</i>

Spread cookie dough on a pizza pan and bake according to directions. Remove from oven and spread the choc. chips around. Once melted, spread evenly over the cookie dough and place in freezer for 30 min.

While cookie dough is in freezer, mix together the cream cheese, peanut butter and brown sugar until smooth. Spread on the cookie dough when it is removed from freezer.

Break peanut butter cups into small pieces and spread evenly over the mixture. Refrigerate and cut into pieces when ready to use.

## **Pecan Squares**

**Submitted In Honor of SPC Jeffery Hauck**

### *Crust:*

*3 C. flour*  
*1/2 C. sugar*  
*1 C. butter or margarine*  
*softened*  
*1/2 tsp. salt*

### *Filling:*

*4 eggs*  
*1 1/2 C. light or dark corn syrup*  
*1 1/2 C. sugar*  
*3 T. butter or margarine, melted*  
*1 1/2 tsp. vanilla*  
*2 1/2 C. chopped pecans*

In a large mixing bowl, blend together flour, sugar, butter and salt until mixture resembles coarse crumbs. Press firmly and evenly into a greased 15 x 10 baking pan. Bake at 350° for 20 minutes.

Meanwhile, in another bowl, combine first five filling ingredients. Stir in pecans. Spread evenly over hot crust. Bake at 350° for 25 minutes or until set. Cool on a wire rack.

Yield: 4 dozen.

## **Pineapple Sheet Bars**

**Submitted by Geraldine Kriz**  
**In Honor of SSG James Meyer**

*2 C. flour*  
*2 C. sugar*  
*2 eggs*  
*1 C. chopped nuts*

*2 tsp. baking soda*  
*1 tsp. vanilla*  
*1 can 20 oz. crushed pineapple*  
*in heavy syrup, undrained*

Mix ingredients until smooth. Pour into a greased 15 x 10 pan (11x17 pan is better).

Bake for 35 minutes at 350°

## **Pizza Bars**

**Submitted by Jennifer Voss  
Wife to CPT Keith Voss**

*1 C. brown sugar  
1/2 C. butter  
1 tsp. vanilla  
1 egg  
1/2 tsp. salt  
1 1/2 C. flour  
1/2 tsp. soda*

*2 C. oatmeal  
30 caramels, plus 2 tbsp of  
water  
1 C. chocolate chips  
1 C. chopped nuts  
1 C. M&M's  
3 squares white almond bark*

Cream brown sugar and butter. Add eggs, vanilla and salt. Sift flour and soda together and add to creamed mixture. Add oatmeal. Pat into greased 15 x 10 x 1 pan. Bake at 350° for 10 to 15 minutes. Melt caramels with water. Spread over baked crust. Sprinkle with chocolate chips, nuts and M&M's. Melt almond bark and drizzle over top. Cut while warm.

## **Poor Man's Cake**

**Submitted by Rachel Stokes  
Wife of 1LT Johann Stokes**

*1 C. sugar  
1 C. raisins  
2 tsp. nutmeg  
2 tsp. cinnamon  
1 C. Shortening (preferably  
Crisco not butter)  
1 C. hot water*

*2 tsp. All-spice  
1 C. milk  
2 1/2 C. flour  
1 tsp. baking powder  
1 tsp. baking soda*

Boil the first 7 ingredients for 5 minutes and then cool about 5 - 10 minutes.

Add 1 cup milk and stir, Mix in 2 1/2 cups flour, 1 tsp baking powder, 1 tsp baking soda. Put into 9 x 13 pan and bake at 350° until brown on top and toothpick comes out of the center clean (@ least 1/2 hour)

This recipe came from his Great-Grandma, who was alive during the Depression, and it is a family favorite.

## **Popcorn Bars**

**Submitted In Honor of SSG James Bruns**

- |   |  |
|---|--|
| <i>1 stick butter</i>                   | <i>15 - 16 C. popped popcorn</i>       |
| <i>1 - 16 oz. bag mini marshmallows</i> | <i>3/4 C. peanuts</i>                  |
|   | <i>1 C. spiced gumdrops (optional)</i> |

Melt butter in microwave for 1 minute. Add marshmallows, microwave for 2 minutes. Stir once you take out of microwave and pour over popcorn, peanuts and gumdrops.

Press into sheet cake pan or use angel food pan. let it cool and set up for a few hours.

## **Pumpkin Dump Cake**

**Submitted by JoAnn Linn  
Wife of MAJ James Linn**

- |  |  |
|--|--|
| <i>1 can of pumpkin pie filling (1 1/2 cups)</i>                               | <i>1 can (1 1/2 c.) of evaporated milk</i> |
| <i>2 eggs</i>  | <i>1 box of yellow cake mix</i>            |
| <i>3/4 C. of sugar</i>   | <i>1 stick of butter, melted</i>           |
| <i>2 tsp. of pumpkin pie spice OR 1 tsp. of cinnamon, &amp; 1/2 tsp cloves</i> | <i>1 C. chopped pecans (optional)</i>      |

Make the pumpkin pie filling according to directions on the can of Libby's pumpkin. Pour the batter into greased 9 x 13 inch pan. Top with package of yellow cake mix. Melt the butter and pour over dry cake mix. Bake 1 hour at 350°F. Serve plain or topped with whipped cream.

*Grandparents are a gift to children.*

## **Rich Chocolate Cake**

Submitted by Colleen Nilson  
Wife of CPT Kerry Nilson

1 egg	1 1/2 tsp. baking soda
1/2 C. cocoa	1/2 tsp. salt
2 C. sugar	1 tsp. vanilla
1 C. butter	1 C. buttermilk (or 1 C. milk
3 C. flour	mixed with 1 T. white vinegar,
1 C. hot water	set a side for a few minutes)

Mix all ingredients in bowl and beat with mixer for 1 minute. Bake at 350° for 30 minutes.

Note: makes great chocolate molten cake with my hot fudge recipe poured on top served with a dip of ice cream!

## **Scotcheroos**

Submitted by Bonnie Powell  
Mother of SPC Wade Powell

1 C. sugar	1 C. light corn syrup
1 C. peanut butter	6 C. rice crispies

Bring corn syrup & sugar to boil. Add peanut butter until melted. Stir in rice crispies. Press in a buttered pan & cool.

Topping: Melt 1 c. choc. chips & 1 c. butterscotch chips

*If it is bright and sunny after two cold and rainy days,  
it is probably Monday.*

## **Scratch Chocolate Cake**

Submitted by Deb Thoelke  
Wife of 1SG Kent Thoelke

<i>1/2 C. butter</i>	<i>3/4 C. cocoa</i>
<i>2 C. sugar</i>	<i>1 3/4 C. flour</i>
<i>1 tsp. vanilla</i>	<i>3/4 tsp. baking powder</i>
<i>2 eggs</i>	<i>1/8 tsp. salt</i>
<i>3/4 tsp. soda</i>	<i>1 3/4 C. milk</i>

Cream eggs & butter well. Add vanilla. Slowly beat into the cream mixture your dry ingredients and milk.

Pour into a greased 9 x 13 inch cake pan. Bake at 350° for 30 - 35 minutes.

Frost with French Silk Frosting. (recipe is in the bars and cakes section)

## **Scrumptious Chocolate Layer Bars**

Submitted by Joann Stockland  
Mother of SSG Chad Stockland & SGT Dana Stockland

<i>2 C. Chocolate chips</i>	<i>1/2 C. Sugar</i>
<i>8 oz. pkg. Cream cheese</i>	<i>1 tsp. Baking powder</i>
<i>2/3 C. Evaporated milk</i>	<i>1 C. oleo or butter, softened</i>
<i>1/2 tsp. Almond extract</i>	<i>1/2 tsp. Salt</i>
<i>3 C. unsifted all-purpose flour</i>	<i>2 Eggs</i>

Combine chocolate chips, cream cheese, and evaporated milk in medium saucepan. Cook over low heat, stirring constantly until chips are melted and mixture is smooth. Remove from heat, stir in 1/2 tsp. almond extract. Blend well, set aside. Combine remaining ingredients in large bowl, blend well with fork until mixture resembles coarse crumbs. Press half of mixture in greased 9 x 13 inch pan. Spread chocolate mixture over this. Sprinkle rest of crumbs over filling. Bake 350° for 35 - 40 minutes or until golden brown. Cool, cut into bars.

Makes about 3 dozen bars. these bars are very rich.

## **Seven Layer Bars**

Submitted by Cindy Reinbold  
Mother of SPC Justin Reinbold

<i>1/2 C. melted butter</i>	<i>1 6 oz. pkg. butterscotch chips</i>
<i>1 1/4 C. graham cracker crumbs</i>	<i>1 C. chopped walnuts</i>
<i>1 C. coconut</i>	<i>1 can sweetened condensed milk</i>
<i>1 6 oz. pkg. semi-sweet choc chips</i>	<i>(pour over top)</i>

Put into 9x13 inch pan in order given. Bake at 325° for 25 min. until light brown.

## **Sour Cream Bundt Cake**

Submitted by Joann Stockland  
Mother of SSG Chad Stockland & SGT Dana Stockland

<i>2 1/2 C. Flour</i>	<i>3 Eggs</i>
<i>2 C. Sugar</i>	<i>1 C. Butter or oleo, softened or melted</i>
<i>1/2 tsp. Soda</i>	<i>1 C. Sour cream, room temp.</i>
<i>1/2 tsp. Salt</i>	
<i>1 tsp. Vanilla</i>	

Mix together all ingredients at low speed for 30 seconds or until blended. Mix for 3 minutes on high. Pour batter into a greased and floured bundt pan. Bake at 350° for 40 - 60 minutes. Cook in pan for 20 minutes. Then tip onto plate. Can substitute 1 container (small) of lemon yogurt for the sour cream. Sour cream tastes the best.

*Memory is what makes you wonder what you forgot to do.*

## **Symphony Bars**

Submitted by Marlene Perault  
Mother-in-law of CPT Patrick Sprecher

<i>Bars:</i>	<i>2 oz. melted baking chocolate (unsweetened)</i>
<i>1 C. margarine</i>	<i>Frosting:</i>
<i>1/2 tsp. salt</i>	<i>5 T. flour</i>
<i>2 C. sugar</i>	<i>1 C. milk</i>
<i>4 eggs</i>	<i>1 C. sugar</i>
<i>3 tsp. vanilla</i>	<i>2 tsp. vanilla</i>
<i>2 C. sifted flour</i>	<i>1 C. margarine</i>
<i>2 C. chopped walnuts</i>	

Cream margarine and gradually add sugar and beat until light and fluffy. Beat in the eggs and vanilla. Sift flour and salt together and gradually add to the creamed mixture. Blend in the nuts and divide the dough in half. Add the melted chocolate to half the dough. Spread the white half of the dough in the bottom of a greased and floured 9x13 inch pan and then spread the chocolate half of the dough on top of the white layer. Bake at 350° for 30 minute. Frost when cool. Frosting: In a heavy sauce pan slowly blend the flour and milk. Cook over low heat and stir constantly until this paste thickens. Cool thoroughly. Now cream margarine, sugar, and vanilla in a small mixing bowl. Gradually add the thickened paste and beat on high speed for 5-6 minutes or until frosting is creamy. Spread on cooled bars. Make 28-32. Very rich and tasty.

## **Toffee Bars**

Submitted by Susan Paye  
Wife of SGT Michael Paye

<i>1 C. butter softened</i>	<i>1/4 tsp salt</i>
<i>1 C. brown sugar</i>	<i>6 oz chocolate chips</i>
<i>1 egg yolk</i>	<i>2 C. Flour</i>
<i>1 tsp vanilla</i>	<i>Chopped walnuts (optional)</i>

Cream together butter, sugar, egg, and vanilla. Add salt and flour press into cookie sheet bake 15 to 18 minutes at 350°. As soon as you take them out of oven sprinkle chips on to melt spread till smooth. Sprinkle with walnuts. Cut while warm.



## **Toffee Bars**

Submitted by SFC Kristi Palmer  
In Honor of 1/147th FA

*1 pkg. Club crackers*  
*2 sticks butter*

*1 C. brown sugar*  
*6 oz. chocolate chips*

Melt 2 sticks of butter into a saucepan. Add brown sugar when butter is melted. Stir constantly on low until starts to boil. Boil for 3 minutes until caramel like. Pour on crackers. Bake at 350° for 5 minutes. Let sit out for 3 minutes, then sprinkle with chocolate chips. Spread out chocolate chips after melted.

## **Wacky Cake -- No EGGS**

Submitted by Al & Colleen Overby  
Parents of PFC Kyle Overby

*3 C. sifted flour*  
*2 C. sugar*  
*1/2 C. cocoa*  
*1 tsp. salt*  
*2 tsp. soda*

*Mix with fork until well blended*  
*ADD*  
*2 tsp. vanilla*  
*1 C. salad oil*  
*2 C. cold water*  
*2 T. vinegar*

Mix with mixer until well blended. Bake at 350° for 35 minutes in greased and floured cake pan

*Convenience foods are handy*  
*and I use them now with ease.*  
*But for special times*  
*I still rely on favorite recipes.*

## **Walnut Caramel Triangles**

Submitted by Marlys Fisher  
Mother of CPT Damien Fisher

2 C. unsifted flour	1/2 C. whipping cream - unwhipped
1/2 C. confectioners (powdered) sugar	1 tsp. chopped walnuts
1 C. cold margarine or butter	Chocolate Drizzle:
1 - 14 oz. can Eagle Brand Sweetened condensed Milk (not evaporated milk)	1/2 C. semi-sweet chocolate chips - melt with 1 tsp of shortening.

in a medium bowl, combine flour and sugar, cut in margarine until crumbly. Press firmly on bottom of a 9 x 13 inch pan. Bake for 15 minutes or until lightly brown at 350°.

Meanwhile in a heavy sauce pan, combine eagle brand, cream & vanilla. Over medium heat cook & stir until mixture thickens 8 - 10 minutes. Stir in walnuts.

Spread evenly on prepared crust.

Bake for 20 minutes or until golden brown. Cool.

Garnish with chocolate drizzle. Chill, cut into triangles. Store at room temperature in a covered container.

*There is a saying I recall  
that helped me as a child.  
It seemed to be a recipe  
for anything worthwhile.  
Only the best is good enough  
the wise have found it true.  
For when you give the best  
the best returns to you.*

## **Zucchini Brownies**

Submitted by Susan Paye  
Wife of SGT Michael Paye

<i>1/2 C. Vegetable oil</i>	<i>2 C. shredded zucchini</i>
<i>1 1/2 C. white sugar</i>	<i>1/2 C. chopped walnuts</i>
<i>2 tsp. Vanilla extract</i>	<i>(optional)</i>
<i>2 C. all purpose flour</i>	<i>6 T unsweetened cocoa powder</i>
<i>1/2 C. unsweetened cocoa powder</i>	<i>1/4 C. butter</i>
<i>1 1/2 tsp. baking soda</i>	<i>2 C. confectioners sugar</i>
<i>1 tsp. salt</i>	<i>1/4 C. milk</i>
	<i>1/2 tsp vanilla</i>

Preheat oven to 350° F. Grease and Flour a 9 x 13 baking pan

In large bowl mix together oil sugar and vanilla until well blended. Add in flour, cocoa, soda, and salt mix well (mixture will appear quite dry) Mix in zucchini and nuts. Pour into pan bake for 25 to 30 minutes until toothpick comes out clean.

Frosting:

Melt together 1/4 C. butter and 6 T. cocoa let cool. Mix powdered sugar, milk, and vanilla. Add in cocoa mixture spread over cooled brownies.

*Let none escape, but try them all,  
To boil or fry or bake.  
We'll warrant they are just as good  
As Mother used to make!*



## NOTES

[illegible]

A close-up, slightly blurred image of the American flag, showing the stars and stripes in a wavy pattern. The colors are vibrant, with deep reds, bright whites, and a rich blue. The flag appears to be waving in the wind, creating a sense of movement and texture.

# Desserts

## **Apple Pudding**

Submitted by Dodie Chase  
Mother of LTC David Chase

<i>1 C. sugar</i>	<i>1/4 tsp. nutmeg.</i>
<i>1 C. flour</i>	<i>Mix together well - add</i>
<i>1 tsp. of soda</i>	<i>1 egg beaten</i>
<i>1/4 tsp. salt</i>	<i>1/4 C. melted butter</i>
<i>1/4 tsp. cinnamon</i>	<i>2 C. diced apples</i>

Mix well to coat apples -

Put in ungreased pie pan and bake at 350° for 40 minutes. Serve warm or cold with whipped cream or ice cream.

## **Baklava (GREEK)**

Submitted by Marlys Fisher  
Mother of CPT Damien Fisher

<i>1 lb. walnuts, ground</i>	<i>1/2 C. honey</i>
<i>1 lb. fillo dough</i>	<i>1/2 C. water</i>
<i>1 lb. butter, melted</i>	<i>2 T. vanilla or 2 1/2 oz. rose</i>
<i>3 C. sugar (or less)</i>	<i>water</i>

Butter jelly roll pan and layer sheets buttering each sheet. After 10 sheets put on sugar and walnut mixture. Drizzle butter on top. Then layer sheets with butter again. Cut in diamond shapes. Sprinkle water on top. Put in 350° oven for 30 minutes. Cook Baklava; heat honey and water. Add vanilla. Cool, pour on top.

## **Banana Cream Pie**

Submitted by Gloria Thornberry  
Step-mom to PVT Eric Thornberry

<i>1 box jello instant banana cream</i>	<i>1 or 2 bananas</i>
<i>pie pudding</i>	<i>2 C. milk</i>
<i>1 graham cracker pie crust</i>	

Make pudding according to box instructions. Peel and slice the banana into the crust. Pour pudding on top, refrigerate and enjoy!

## **Banana Cream Pie**

**Submitted by Gloria Thornberry  
Stepmom of PVT Eric Thornberry**

<i>1 box jello instant Banana Cream pudding</i>	<i>1 or 2 bananas 2 C. milk</i>
<i>1 graham cracker pie crust</i>	

Make pudding according to box instructions. Peel and slice your banana into the crust. Pour your pudding on top. Refrigerate and enjoy.

## **Banana Split Dessert**

**Submitted by Valerie Wieseler  
Mother of SGT Shane Wieseler**

<i>Graham cracker crust</i>	<i>2 T. milk</i>
<i>3 sticks soft oleo</i>	<i>4-6 banana's</i>
<i>3 C. powdered sugar</i>	<i>2 cans drained pineapple</i>
<i>3 egg yolks</i>	

Put your Graham Cracker Crust in a 9 x 13 pan. Then mix together your filling (oleo, powdered sugar, egg yolks, and milk), put this on top of your crust. Once you have your filling on your crust then slice your Bananas on top of the filling. Then put your Pineapple on top of your Bananas. Then take Cool Whip and spread that on top, then take any kind of syrup you like and drizzle that on top. I also put chopped walnuts on top.

Note; Make sure the Oleo is at room temperature. Also that the Bananas goes on first because the juice from the pineapple will keep them from turning brown.

## **Blueberry Cream Pie**

Submitted by Denise, Yvette, Janelle & Dirk  
Family of CPT Thomas Tedmon

<i>1 C. of blueberries</i>	<i>1- 8 oz. cream cheese packet</i>
<i>1 gram cracker crust</i>	<i>1/2 C. of sugar</i>
<i>1 lb. (16 oz) of sour cream</i>	<i>1/4 tsp. of vanilla flavoring</i>

Soften the cream cheese, then mix with sugar and vanilla. Fold in sour cream. Place into the gram cracker crust, and top with blueberries.

Pre-heat oven to 350°. When ready, place pie in oven for 7 minutes. Take out and cool. Put in refrigerator until ready to eat.

## **Blueberry Dessert**

Submitted by JaKelle Hardy  
Wife of 1LT Chad Hardy

<i>3 T. margarine</i>	<i>1 3/4 C. blueberries</i>
<i>3/4 C. sugar</i>	<i>2 T. sugar</i>
<i>3 eggs</i>	<i>1 T. cinnamon</i>
<i>2 T. vanilla</i>	<i>3 T. margarine</i>
<i>3 1/2 C. milk</i>	<i>1/2 C. sugar</i>
<i>8 C. sour dough bread cubed</i>	<i>1 C. whipping cream</i>

Preheat oven to 350°. In a large bowl mix margarine and sugar beat on high - add eggs and vanilla, beat until fluffy. Slowly add in milk. In a new bowl put bread cubes, pour mixture over bread, let stand for 5 minutes. Stir in blueberries. In an ungreased (3 quart glass pan) spread bread and blueberry mixture. Mix sugar and cinnamon together and sprinkle over the top of the bread mixture. Bake 35 mins. Golden Sauce: in a medium sauce pan melt 3 T. margarine and 1/2 C. sugar, add whipping cream bring to a boil lower temp., slow boil. Drizzle 1/3 sauce over bread. Serve warm, topped with golden sauce and whip cream.



## **Bread Pudding**

Submitted by Colleen Nilson  
Wife of CPT Kerry Nilson

4 C. bread cubes (I use white sandwich bread slices, cut up)	1/4 tsp. salt
2 C. milk	1 tsp. cinnamon
4 T. butter or margarine	1 tsp. vanilla
1/2 C. sugar	Brown sugar to sprinkle on top before baking
2 eggs, slightly beaten	

Grease 8x8 inch baking dish. Heat milk with butter to only slightly warm (if it gets too hot it will cause the eggs to cook when they are mixed). Blend in sugar, salt, vanilla, cinnamon. Slightly stir eggs in a separate bowl until well blended. Slowly add eggs to warmed ingredients while mixing vigorously so eggs will blend well and not separate and cook. Pour over bread cubes. Sprinkle brown sugar on top. Take a larger baking dish and pour an inch or so of water on it. Place baking dish containing bread pudding mixture on top of water in larger dish. Bake at 350° for 40 - 50 minutes, until inserted butter knife comes out clean of center. Variation for low calorie recipe: use 4 egg whites instead of 2 eggs and use skim milk and no butter. \*Warmed bread pudding is great served in individual dishes with cold milk or cream poured on top.

## **Butterscotch Pumpkin Pie**

Submitted by Brayden and Hunter Hilton  
Children of 1LT John Hilton

1 C. (6 oz.) butterscotch chips	1/2 C. sugar
1 tsp. ginger	1/4 tsp. ground cloves
1 C. evaporated milk	1 T. flour
1 tsp. cinnamon	3 eggs, fork-beaten
2 C. canned pumpkin	1/2 tsp. salt
1/2 tsp. nutmeg	Pastry for 1-crust pie

Put chips and evaporated milk in pan and melt slowly; remove from heat.

Blend in pumpkin. Combine sugar, flour, salt and spices. Blend sugar mixture and eggs into butterscotch-pumpkin mixture. Pour into unbaked 9-inch pastry shell and bake in 350° oven for 50 minutes, or until custard is set. Excellent with French Vanilla Cool Whip or ice cream.

## **Canned Apple Pie Filling**

Submitted by Angie Johnson  
Wife of SSG Philip Johnson

7 qt. peeled, sliced cooking apples	1/4 tsp. Nutmeg
4 1/2 C. Sugar	1 tsp. Salt
1 C. Cornstarch	10 C. Water
2 tsp. Cinnamon	3 T. Lemon Juice

Fill hot quart jars with apples, leaving 1 inch head space. Make syrup by combining sugar, cornstarch, cinnamon, nutmeg, salt and water. Cook until thick. Add lemon juice. Pour syrup over apples, leaving 1/2 inch head space. Adjust lids. Process 20 minutes in water bath.

## **Chocolate Brownie Pie Crust**

Submitted by JoAnn Linn  
Wife of MAJ James Linn

1 1/4 C. reduced-fat chocolate wafer crumbs (about 40 wafers)	2 T. sugar
	2 T. melted butter
	1 egg white

Combine crumbs, sugar & butter in food processor & blend. Add egg white & pulse until moistened. Press into bottom & sides of 9" pie plate. Bake at 375° 8 - 10 minutes. Cool before filling

## **Chocolate Mousse**

Submitted by Rachel Schlechter  
Sister of SPC Rodney Schlechter

1 - 6 Oz. Instant chocolate pudding	3 C. milk
	1 - 8 Oz. Container cool whip

Mix the pudding and milk together, add cool whip and refrigerate for 1 hour. Serve.

## **Died and Gone to Heaven Peach Pie**

Submitted by Ryan Murray  
Husband of SPC April Murray

<i>3/4 C. flour</i>	<i>1/2 C. milk</i>
<i>1 tsp. salt</i>	<i>1 large can peaches (3 1/2 C.),</i> <i>save the juice</i>
<i>1 small package vanilla pudding</i> <i>(not instant)</i>	<i>1 - 8 oz. pkg. cream cheese</i>
<i>1 egg</i>	<i>1/2 C. sugar</i>
<i>1 tsp. baking powder</i>	<i>1/2 tsp. cinnamon</i>

Combine flour, baking powder, salt, pudding mix, egg and milk in a large bowl. Beat for 2 minutes on medium speed, pour into 10 inch greased pie pan. Place drained peaches on top, set aside. Combine cream cheese, 1/2 C. sugar and 3 T. peach juice. Beat for 2 minutes until smooth. Spoon on top of the peaches, keep away from the edge about 1 inch. Sprinkle 1 T. sugar and 1 tsp. cinnamon on top. Bake at 350° for 30 - 35 minutes. Refrigerate until cool in middle. Serve chilled

## **Donuts**

Submitted by Geraldine Kriz  
Mother of Retired SSG Kim Chase

<i>4 eggs</i>	<i>1 1/2 tsp. nutmeg</i>
<i>2 C. buttermilk</i>	<i>1 tsp. soda</i>
<i>2 C. sugar</i>	<i>1 tsp. baking powder</i>
<i>1/4 C. vegetable oil</i>	<i>1 tsp. salt</i>
<i>1 tsp. vanilla</i>	<i>5 1/2 C. flour</i>

Mix all ingredients.

Using a donut dropper, drop into hot grease.

## **Four Layer Dessert**

Submitted by Brenda Mason  
Mother of SGT Adam Mason

<i>1 C. flour</i>	<i>12 oz. cool whip</i>
<i>1/2 C. margarine, melted</i>	<i>2 small boxes instant chocolate</i>
<i>1/2 C. nuts, chopped</i>	<i>putting</i>
<i>8 oz. cream cheese, softened</i>	<i>4 C. milk</i>
<i>1 C. powdered sugar</i>	

Mix flour, margarine & nuts. Spread in 9 x 13 pan. Bake 350° for 15 - 20 minutes until lightly brown. Cool.

Mix cream cheese, powdered sugar, & 1 C. cool whip. Spread over cooled crust. Chill.

Mix pudding with milk. Pour over cream cheese layer. Chill.

Top with remaining cool whip. Chill.

## **Fresh Peach Pie**

Submitted by Barb Moen  
Mother of SPC Jonathan Moen

<i>1 stick margarine</i>	<i>1 beaten egg</i>
<i>1/4 C. flour</i>	<i>6 sliced peaches</i>
<i>1 C. sugar</i>	

Mix together above and spread over sliced peaches in a single unbaked pie crust. Bake 10 min. at 450° then reduce heat to 350° for 50 minutes.

## **Homemade Vanilla Pudding**

Submitted by Jeff Pageler  
Father of SPC Bryce Pageler and  
Father-in-Law of SPC Wade Powell

<i>2 C. milk</i>	<i>3 T. cornstarch</i>
<i>3 eggs yolks</i>	<i>2 tsp. vanilla</i>
<i>3/4 C. sugar</i>	

In saucepan, heat 2 C. milk. Mix 3 egg yolks and 3/4 C. sugar together and add 3 T. cornstarch. Add this mixture to warmed milk and stir until thick. Add 2 tsp. vanilla. Cool.

## **Hot Fudge Delight**

Submitted by Amy Hoines  
Wife of CPT David Hoines

4 oz. German Sweet Chocolate	2/3 C. sugar
1 small (5-3/4 oz) evaporated milk	1/2 C. margarine
	1/8 tsp. salt

Melt to boiling. Boil 4 minutes and remove. Cool.

Crush 24-30 Oreos. Add 1/4 C. melted margarine. Put in 9 x 13 pan. Pat in bottom. Freeze 30 minutes. Remove pan. Spread 1/2 gallon vanilla ice cream cut into 1/2 - 1" slices over crust. Spread fudge over this. Freeze about 30 minutes.

(Works best to let ice cream soften in refrigerator about 30 minutes.)

Peppermint ice cream also tastes delicious! Cool Whip - spread over chocolate sauce and sprinkle with nuts or more crushed Oreos. Freeze 24 hours.

## **Ice Cream Delight**

Submitted by Kelsey Roberts  
Daughter of SFC Jay Roberts

12 Ice Cream Bars	1 - 16 oz. jar of Carmel Syrup
1 Lg. container Cool Whip	2 Heath Bars

In a 9 x 13 pan spread 1/2 of the Cool Whip on bottom of pan. Lay the ice cream bars onto of the Cool Whip. Pour carmel over the bars. Top with the remaining Cool Whip and chopped Heath bars. Freeze until Cool Whip is solid.

*It isn't the travel that's broadening -  
it's all that rich foreign food.*

## **Jason's Jell-O**

Submitted by Janet Smith  
Mother of SPC Jason Smith

*1 - 6 oz package jello*

*2 C. boiling water*

*12 - 14 ice cubes*

*1/2 C. evaporated milk*

*Cool whip*

Dissolve jello in boiling water in medium sized bowl. Add ice cubes and stir until jello is thickened. Remove any pieces of ice and discard. Measure out 1/2 of the jello and place in small mixing bowl. Refrigerate both bowls. When jello begins to set, add evaporated milk to a bowl and beat until light colored and foamy. Pour over other half of jello, when set spread with cool whip, garnish with sugar sprinkles as desired.

## **Kentucky Derby Pie**

MSG Craig Johnson  
Brother of SSG Philip Johnson

*1 C. Chocolate Chips*

*1 C. Nuts (Pecans or English  
Walnuts)*

*2 Eggs, beaten*

*1 C. Sugar*

*1 Stick Margarine, melted and  
cooled*

*1/2 C. Flour*

*1 tsp. Vanilla*

Mix the sugar and flour. Add beaten eggs, then the melted margarine. Add nuts, chocolate chips and vanilla. Pour into unbaked deep-dish pie shell. Bake 30 - 45 minutes at 350° F. Makes its own top crust. Cool completely before serving.

This is a Kentucky favorite, especially when the Derby rolls around.

## **Lemon Pie**

Submitted by Pat Pearson  
Mother of SPC Christopher Pearson

<i>1 1/2 C. sugar</i>	<i>1 1/2 C. boiling water</i>
<i>1/4 C. cornstarch, plus 2 T.</i>	<i>1//2 tsp. lemon flavoring</i>
<i>1/4 tsp. salt</i>	<i>Meringue:</i>
<i>1/2 C. cold water</i>	<i>3 egg whites</i>
<i>1/2 C. lemon juice</i>	<i>1/2 tsp. cream of tarter</i>
<i>3 egg yolks, well beaten</i>	<i>6 T. sugar</i>
<i>2 T. butter</i>	<i>lemon flavoring</i>

In a heavy sauce pan mix sugar, cornstarch and salt, gradually adding cold water, mix thoroughly. Add lemon juice, beaten egg yolk & butter. When all blended well, add boiling water to mixture. Put on stove and bring to a boil on medium heat and boil for 1 minute. Take off heat and add lemon flavoring. Put into baked pie shell & put on meringue.

Meringue: beat egg whites until frothy. Add cream of tarter, sugar and flavoring. Beat, until stiff.

Place in pie & brown in oven at 350° for 10 minutes.

## **Merri's Next Best Thing to Robert Redford**

Submitted by Colleen Nilson  
Wife of CPT Kerry Nilson

<i>1 C. unsifted flour</i>	<i>1 pkg. instant vanilla pudding mix</i>
<i>1/2 C. butter or margarine</i>	<i>1 pkg. instant chocolate pudding mix</i>
<i>1 C. finely chopped pecans</i>	<i>3 C. cold milk</i>
<i>8 oz. cream cheese, softened</i>	<i>1 chocolate candy bar (grated)</i>
<i>1 C sugar</i>	
<i>1 8 oz. or 9 oz. pkg. frozen whipped topping, thawed</i>	

Bottom layer: mix flour, butter, pecans until crumbly and mold into crust in a 9x13 inch pan. Bake 350° for 15 – 20 minutes. Cool.

2nd Layer: beat cream cheese with sugar until smooth and fluffy. Fold in 1/2 of the thawed topping and spread over cooled crust.

3rd Layer: beat both pudding mixes with milk until smooth and very thick. Spread over last layer.

Top: spread remaining whipped topping on top and sprinkle with grated chocolate bar, if desired. Cover and refrigerate

## **Mom R's Preacher's Delight Dessert**

Submitted by Colleen Nilson  
Wife of CPT Kerry Nilson

<i>1/2 lb. vanilla wafer cookies</i>	<i>2 eggs, unbeaten</i>
<i>1/2 C. butter</i>	<i>1/2 pt. whipping cream</i>
<i>1 1/2 C. powdered sugar</i>	<i>1 sm can crushed pineapple,</i>
<i>Maraschino cherries</i>	<i>drain well</i>

Crush wafers and spread half in a buttered pie pan. Cream butter, sugar and eggs. Pour this mixture over wafer crumbs in pie pan. Cover with more crumbs and over this, spread the drained crushed pineapple. Cover with remainder of crumbs and a bright red cherries!

## **New York Cheesecake**

Submitted by Karri Allen  
Wife of SSG Denny Allen

<i>15 graham crackers, crushed</i>	<i>4 eggs</i>
<i>2 T. butter, melted</i>	<i>1 C. sour cream</i>
<i>4 8 oz. pkgs. cream cheese</i>	<i>1 T. vanilla extract</i>
<i>1 1/2 C. white sugar</i>	<i>1/2 C. all-purpose flour</i>
<i>3/4 C. milk</i>	

Preheat oven to 350°. Grease a 9 inch springform pan. Mix graham cracker crumbs with melted butter. Press onto bottom of pan. Mix cream cheese with sugar until smooth. Blend in milk, and then mix in the eggs one at a time, mixing just enough to incorporate. Mix in sour cream, vanilla and flour until smooth. Pour filling into prepared crust. Bake for one hour. Turn the oven off, and let cake cool in oven with the door closed for 5 - 6 hours, this prevents cracking. Chill in refrigerator until serving.



## **Perfect Apple Pie**

Submitted by Gloria Thornberry  
Step-mom to PVT Eric Thornberry

6 or 7 tart apples (granny smith)	2 T. flour
3/4 - 1 C. sugar	1/2 tsp. cinnamon
	Pastry for 2 crust

Pare apples and slice thin. Combine sugar, flour, and cinnamon. Mix with apples till well coated. Line 9 inch pie plate with pastry, fill with apple mixture. Adjust top crust, seal edges together by pressing. Cut slits in the top for steam to escape. Brush crust with milk and sprinkle with sugar on top.

Bake in a hot 425° oven for 15 minutes, then reduce temp to 350° for another 45 minutes.

## **Perfect Apple Pie**

Submitted by Gloria Thornberry  
Stepmom of PVT Eric Thornberry

6 or 7 tart apples (granny smith)	2 T. Flour
3/4 to 1 C. sugar	1/2 tsp. cinnamon
	2 - 9 in. pie crusts

Pare apples and slice thin. Combine sugar, flour and cinnamon. Mix with apples till well coated. Line a 9 inch pie plate with pastry, fill with apple mixture. Adjust top crust - seal edges together by pressing. Cut slits in the top for steam to escape. Brush crust with milk and springle sugar on top. Bake in a hot 425° oven for 15 minutes, then reduce temp. to 350° for another 45 minutes.

*Learn from all that you know.*

## **Pistachio Dessert**

Submitted by Mina Schmid  
In Honor of SPC Todd Beynon

*Crust:*

*1/2 C. melted butter*

*45 ritz crackers*

Crush crackers and mix with melted butter. Place in bottom of 9 x 13 pan. Bake for 10 minutes in 350° oven. Cool.

*Filling:*

*1 qt. vanilla ice cream*

*1 1/2 C. milk*

*2 pkgs. pistachio instant pudding*

Combine ingredients and pour over cooled crust. Cool in Fridge, then top with Cool Whip and a crushed Heath bar. Refrigerate.

## **Progressive Pudding Dessert**

Submitted by Jody Unzen  
Wife of SGT LaRon Unzen

*1/2 C. butter*

*1 small carton cool whip*

*1 1/2 C. flour*

*2 pkg. instant pudding (any flavor)*

*1 - 8 oz. cream cheese*

*2 1/2 C. milk*

*1 C. powdered sugar*

*Crushed nuts*

*1 large carton cool whip*

Mix butter and flour and bake 10-15 minutes at 350°.

Beat cream cheese and powdered sugar until fluffy.

Add cool whip and spread on cooled crust.

2nd layer - mix instant pudding and milk, then spread on the 1st layer.

Add the small carton of cool whip and sprinkle with crushed nuts.

## **Pudding Cream Dessert**

Submitted by Marlys Fisher  
Mother of CPT Damien Fisher

1 1/3 C. flour	1 - 8 oz. pkg philadelphia cream cheese
3/4 C. margarine	
1/4 C. chopped nuts	1/4 C. powdered sugar
Mix until crumbly, put into	1 C. cool whip
9 x 13 pan. Bake 350° for 25 minutes.	Blend well, spread over cooled crust.

Mix: any flavored instant pudding 2 - 3 oz. pkgs. (I use french vanilla).  
With 3 C. milk. spread over cheese filing. Then spread cool whip over pudding.  
Chill 4 hours and serve.

## **Pumpkin Pie**

Submitted by Jody Unzen  
Wife of SGT LaRon Unzen

1 - 9 inch pie crust (frozen are good)	1 tsp. cinnamon
1 can pumpkin pie	1/4 tsp. cloves
3 eggs (slightly beaten)	1/4 tsp. nutmeg
1 C. white sugar	1/4 tsp. ginger
1/2 tsp. salt	1 C. milk or evaporated milk

Combine eggs (slightly beaten), salt, spices and beat well.  
Blend in pumpkin pie mix.  
Add milk and mix well.  
Put into pie shell. Bake in a hot oven - 400° for 10 minutes. Reduce heat and bake at 350° for 40 - 45 minutes.  
Pie is done when a knife is inserted into the center and comes out clean.

## **Rainbow Delight**

Submitted In Honor of SSG Gregory Maisch

<i>1-3 oz. box lime gelatin</i>	<i>1/2 oz. plain gelatin</i>
<i>7 1/2 C. boiling water, divided</i>	<i>1/2 C. cold water</i>
<i>1-3 oz. box lemon gelatin</i>	<i>1 1/2 C. pineapple juice,</i>
<i>1-3 oz. box cherry gelatin</i>	<i>unsweetened</i>
<i>1/2 C. butter, melted</i>	<i>3/4 C. sugar</i>
<i>1 1/2 C. graham cracker crumbs</i>	<i>1-12 oz. tub whipped topping</i>
	<i>1 1/2 tsp. vanilla</i>

Dissolve lime gelatin into 2 1/2 cups boiling water. Pour into 9x13" pan. Chill in refrigerator. When set, cut into 1/2" cubes. Repeat with lemon and cherry gelatin, mixing each with 2 1/2 cups boiling water. Blend melted butter with graham cracker crumbs. Press 3 cups of the graham cracker mixture into bottom of a glass serving dish. Soften plain gelatin in cold water. In a medium saucepan, bring pineapple juice and sugar to boil. Add plain gelatin mixture, stirring until dissolved. Chill until consistency of raw egg whites. Fold whipped topping and vanilla into plain gelatin. Fold gelatin cubes into plain gelatin mixture. Pour over crumbs in serving dish. Sprinkle remaining graham cracker crumb mixture over top. Chill until set. Makes about 10 servings.

## **Rhubarb Pudding**

Submitted by Candy Thomas  
Mother-in-law to CPT Keith Voss

<i>3/4 C. sugar</i>	<i>1/2 C. milk</i>
<i>1/2 C. butter or margarine</i>	<i>1 qt. or more chopped rhubarb</i>
<i>1 C. flour</i>	<i>1 C. sugar</i>
<i>1 tsp. baking powder</i>	<i>1 C. hot water</i>
<i>1/2 tsp. salt</i>	<i>2 T. cornstarch</i>

Put the rhubarb in an 8 x 8 pan and spread the batter (cream sugar & butter then add: flour, baking powder, salt & milk) over all. Sprinkle with the sugar and cornstarch, then pour the hot water over all. Bake at 350° until rhubarb is done. Serve warm with whipped cream or ice cream.

## **Rhubarb Swirl**

**Submitted by Susan Kungel  
Mother of SPC Tyler Loterbauer**

<i>3 C. diced rhubarb</i>	<i>1 tsp. vanilla</i>
<i>3/4 C. sugar</i>	<i>1- 8 oz cool whip</i>
<i>1- 3 oz strawberry jello</i>	<i>Graham cracker crust</i>
<i>1- 3.4 oz instant vanilla pudding &amp; milk</i>	

Put graham cracker crust in a 9 x 13 pan. Mix rhubarb and sugar together, let set 1 hour. Cook mixture until soft. Mix jello into rhubarb until dissolved, cool. Mix pudding and milk together, add 1 tsp of vanilla. Whip until thick, add cool whip, blend well. Put vanilla pudding mixture in bottom of pan. Pour rhubarb mixture over the top in a S from side to side. Take table knife and swirl into the pudding. Refrigerate.

## **Rice Pudding**

**Submitted by Barb Moen  
Mother of SPC Jonathan Moen**

<i>1/2 C. rice</i>	<i>1/2 C. raisins</i>
<i>1/2 tsp. vanilla</i>	<i>4 C. milk</i>
<i>1/2 C. sugar</i>	<i>Cinnamon</i>

In a 2 quart baking dish, combine first four ingredients with milk; sprinkle cinnamon on top and bake 325° for 1 1/2 to 2 hours.

*I've learned that "making a living" is not  
the same thing as "making a life."*

## **Sour Cream Apple Pie**

Submitted by Patty Hendrix  
Aunt of SGT Travis Boggs

2 T. All purpose flour  
1/4 tsp. Salt  
1 C. Sugar  
1 C. Sour cream  
1 tsp. Vanilla  
1/4 tsp. Cinnamon  
3 C. Apples

1 unbaked pie shell (This will fill  
a large pie pan)

TOPPING:

1/2 C. All purpose flour  
1/2 C. Sugar  
1 1/2 tsp. Cinnamon  
6 T. Butter

Mix flour, salt, sugar, sour cream vanilla and cinnamon together until smooth, except for the apples. Add the apples into smooth batter; stir and pour into shell lined pie pan.

For the topping mix dry (1/2 C. flour, 1/2 C. sugar, 1 1/2 tsp. cinnamon) ingredients, add 6 T. butter a little at a time until crumbled. Sprinkle over pie.

1st Bake in a 400° oven for 15 mins

2nd Bake in a 350° oven for 30 mins.

## **Sour Cream Apple Pie**

Submitted by Becky Aadland  
Wife of SSG Dale Aadland

2 T. flour  
1/8 tsp. salt  
3/4 C. sugar  
1 egg

1 C. sour cream  
1 tsp. vanilla  
1/8 tsp. nutmeg  
2 C. chopped apples

Stir together flour, salt and sugar. Add egg, sour cream, vanilla and nutmeg. Beat to a smooth thin batter. Stir in chopped apples. Pour in pastry shell. Bake in 400° oven for 15 minutes. Turn down oven to 350°. Bake another 30 minutes. Remove and top with Spicy Topping:

Spicy Topping:

1/3 C. sugar  
1/3 C. flour  
1 tsp. cinnamon  
1/4 C. butter

Mix well. Sprinkle on top of pie. Return to oven until brown.

## **Sour Cream Raisin Pie**

Submitted by JoAnn Linn  
Wife of MAJ James Linn

<i>1 Cup raisins</i>	<i>1/8 tsp. cloves</i>
<i>1 Cup sugar</i>	<i>1 pinch of salt</i>
<i>1/2 C. water</i>	<i>3 eggs whites</i>
<i>1 C. evaporated milk</i>	<i>6 T. sugar</i>
<i>3 egg yolks</i>	<i>1/4 tsp. cream of tartar</i>
<i>3 level tbsl cornstarch</i>	<i>Pinch of salt</i>
<i>1/4 tsp. nutmeg</i>	

Cook raisins, sugar and water together then add: evaporated milk, yolks, cornstarch, nutmeg, cloves and salt. Cook until thick and pour into a baked pie shell. Mix Meringue (eggs whites, sugar, cream of tarter and salt) and add to top of pie mix.

Beat the meringue until stiff (this may take several minutes). Bake or brown at 400° for 10 minutes.

## **Strawberry Cream Pie**

Submitted by JaKelle Hardy  
Wife of 1LT Chad Hardy

<i>1 - 8 oz pkg. cream cheese</i>	<i>1 C. whipping cream</i>
<i>1/4 C. sugar</i>	<i>1/4 C. powder sugar</i>
<i>1/2 tsp. vanilla</i>	<i>1 - 9" graham cracker crust</i>
<i>Dash of nutmeg</i>	

Combine cream cheese, sugar, vanilla and nutmeg. Add strawberries to cream cheese mixture. Whip cream with powder sugar until stiff, fold into cream cheese and strawberry mixture. Spread into graham cracker crust, top with left over strawberries. Refrigerate for about 2 hours and Enjoy!!!!

## **Strawberry Pie**

Submitted In Honor of SGT Donald Miller

*1 1/2 C. water*

*3/4 C. sugar*

*2 T. cornstarch*

*1 small pkg. strawberry jello*

*2 pt. fresh strawberries sliced*

Boil water, sugar and cornstarch for 2 minutes or until clear. Add 1 small pkg. jello. Stir well and cool.

Add sliced strawberries to cooled solution and then pour in baked and cooled shell.

Top with cool whip.

## **Strawberry Pie in a Pan**

Submitted by Judy Kayser

Mother of SSG Lee Kayser

*Strawberries*

*1 container cool whip*

*1 C. butter*

*2 C. flour*

*2 T. sugar*

*3 heaping T. cornstarch*

*1 1/2 C. sugar*

*2 C. water*

*2 drops red food coloring*

*1 small pkg strawberry jello*

Mix ingredients for bottom (butter, flour & 2 T. sugar). Press them into a 9 x 13 pan. Bake 15 minutes at 350°.

Boil the ingredients (cornstarch, 1 1/2 C. sugar, water, food coloring & jello) until they are clear and then add the red food coloring. Let cool.

Put strawberries on top of the crust and pour the jello mixture over it. Cool until it sets.

Spread 1 container cool whip over top.



## **Terry's Mississippi Mud Pie**

Submitted by Colleen Nilson  
Wife of CPT Kerry Nilson

<i>1 stick margarine</i>	<i>2 pkgs. instant chocolate</i>
<i>1 C. flour</i>	<i>pudding</i>
<i>1 C. pecans</i>	<i>3 C. milk</i>
<i>1 8 oz pkg. cream cheese</i>	<i>Shredded coconut</i>
<i>1 C. powered sugar</i>	<i>Cool Whip</i>

Crust: Cream margarine, flour and 1/2 cup chopped pecans together, press into bottom of a 9x13 inch pan. (It will be very thin) Bake at 350° for 20 minutes. Filling: Blend cream cheese, powered sugar and 1 c cool whip together. Spread over cooled crust. Sprinkle with coconut and remaining nuts. Prepare 2 packages instant pudding using 3 c cold milk. Immediately pour and spread over Cool Whip layer. Spread remainder of Cool Whip and sprinkle with nuts if desired. Refrigerate overnight.

*A recipe that is as old as time itself,  
Yet always delightful,  
They call it simply friendship;  
Beloved, tried and true.*

## **Whoopie Pie (tastes like a Hostess Suzy Q)**

Submitted by Colleen Nilson  
Wife of CPT Kerry Nilson

<i>Cake:</i>	<i>5 T. cocoa</i>
<i>1/2 C. soft shortening</i>	<i>1 tsp. baking soda</i>
<i>1 C. sugar</i>	<i>1 tsp. baking powder</i>
<i>2 egg yolks</i>	<i>1/2 tsp. salt</i>
<i>1 C. milk</i>	<i>1 tsp. vanilla</i>
<i>2 C. flour</i>	

Cream together shortening and sugar. Add egg yolks. Sift dry ingredients together and add to creamed mixture alternately with milk. Add vanilla and mix well. Drop by teaspoon onto ungreased cookie sheet. Bake 10-12 minutes at 375° until set, but not crisp (should be cake like).

Remove to rack to cool. Put together sandwich style with the following filling.

*Cream filling:*

*2 egg whites*  
*2 C. confectioners sugar*  
*1 tsp. vanilla*  
*1/2 tsp. salt*  
*1/2 C. soft shortening/butter*

Beat all ingredients together with electric mixer until fluffy and smooth. Yields 2-3 dozen filled mini sandwich cakes.

*People are lonely because they build  
walls instead of bridges.*

## **Zucchini Cobbler**

Submitted by Marlys Fisher  
Mother of CPT Damien Fisher

<i>8 C. zucchini</i>	<i>1 T. lemon juice</i>
<i>1 C. sugar</i>	<i>1 - 10 oz. can crushed pineapple</i>
<i>3 T. flour</i>	<i>1 box jiffy yellow or white cake mix</i>
<i>Dash of salt</i>	<i>1 1/2 C. melted butter</i>
<i>1 tsp. cinnamon</i>	<i>1/2 C. chopped nuts (optional)</i>
<i>3/4 tsp. cream of tarter</i>	

Peel & cut zucchini length wise, strip out seeds. Cut in 1/2 inch slices. cook in boiling water until tender. Drain & cool in cold water for 5 minutes. Drain, add sugar, flour, salt, cinnamon, cream of tarter & lemon juice. DO NOT BEAT.

Pour into a greased baking dish 9 x 13.

Spread dry cake mix over the top.

Drizzle with butter.

Sprinkle nuts over the top.

Bake at 350° oven for 60 minutes.

*Opportunity often roams around disguised as hard work.*

A close-up, slightly blurred image of the American flag, showing the stars and stripes in a wavy pattern. The colors are vibrant, with deep reds, bright whites, and a rich blue. The flag appears to be waving in the wind, creating a sense of movement and texture.

# Miscellaneous

## **Alfredo Sauce**

Submitted by Colleen Nilson  
Wife of CPT Kerry Nilson

*1 quart heavy whipping cream      1 T. black pepper*  
*1 C. parmesan cheese                1/4 C. whole milk*

Sauté heavy cream, milk and black pepper to a consistent boil. Remove cream mixture from heat and fold in parmesan cheese. Store completed sauce in refrigerator until use.

## **Awesome Hot Fudge Sauce**

Submitted by Colleen Nilson  
Wife of CPT Kerry Nilson

*1 can evaporated milk*  
*2 C. sugar*  
*4 oz. unsweetened chocolate (or*  
*3/4 C. cocoa + 1/4 C. vegetable*  
*oil)*

(Use a larger pot than you think you may need. This will boil up when heated.) Heat milk and sugar to a rapid boil on the stove. Stir constantly. Boil and stir for 1 minute. Add chocolate while boiling and stir until melted and smooth. Remove from heat, blend in butter, vanilla and salt. Makes 3 cups. Serve hot. \*Refrigerate leftovers, reheat in microwave safe bowl with lid, stirring often. Watch as it will boil up when it gets hot. Will keep in refrigerator for several weeks and will be thick when cooled, but will become much thinner when heated. \*Very good poured hot over my chocolate cake recipe with vanilla ice cream!

## **Beef Marinade: The Best**

Submitted by Julie Meirose  
Mother of SPC Anthony Meirose

*1 C. dry white wine or 1/4 C.      1/4 C. oil*  
*vinegar                              1 pkg. McCormick meat*  
*1/4 C. soy sauce                      marinade (dry packet)*

This also makes a great vegetable marinade.

## **Beet Pickles**

Submitted by Linda George  
Mother of SGT Sara Bierman

<i>2 C. sugar</i>	<i>1 tsp. cloves</i>
<i>2 C. water</i>	<i>1 tsp. all spice</i>
<i>2 C. dark vinegar</i>	<i>1 T. cinnamon</i>

Boil til tender. Save water. Pack in jars. Pour mix over beets. Seal.

## **Blueberry Breakfast Sauce**

Submitted In Honor of SPC Joshua Gripentrog

<i>1/2 C. sugar</i>	<i>1/3 C. water</i>
<i>1 T. cornstarch</i>	<i>2 C. fresh or frozen blueberries</i>

In a kettle, combine sugar and cornstarch. Gradually stir in water. Add blueberries and bring to a boil over medium heat, stirring constantly. Boil for 1 minute, stirring occasionally. Serve over pancakes, waffles or French toast.

## **Blueberry Sauce**

Submitted In Honor of CW3 Jess Schreurs

<i>2 C. fresh or frozen blueberries</i>	<i>1/2 tsp. cinnamon</i>
<i>1/2 C. sugar</i>	<i>1 T. cornstarch</i>
<i>1/2 C. water</i>	<i>1 T. lemon juice</i>
<i>1/2 tsp. salt</i>	<i>1/2 T. lime juice</i>

In a medium saucepan over medium heat, combine blueberries, sugar, water, salt and cinnamon. Bring to a boil. Reduce heat and let simmer until blueberries are tender, about 15 minutes. In a separate bowl, blend cornstarch with lemon and lime juice. As soon as berries are boiling, add cornstarch mixture to saucepan, stirring constantly. Sauce will thicken and become clear in about 3 minutes. Let cool and store in an airtight container in refrigerator. Serve with pancakes or waffles. Makes 2 cups.

## **Bourbon Pork Glaze**

Submitted by Julie Meirose  
Mother of SPC Anthony Meirose

1 T. oil  
1/3 C. pecan pieces

1/4 C. bourbon  
3 T. brown sugar

Cook pecans in oil over medium heat for 1 minute. Add remaining ingredients till bourbon reduces (1 - 2 minutes).  
Baste meat or serve as glaze.

## **Chunky Applesauce**

Submitted In Honor of SGT Luke Carl

8 - 10 large tart apples, peeled & cut into chunks  
1/2 C. water  
1 tsp. cinnamon  
1/2 to 1 C. sugar (I usually do 1 cup)

Combine apples, sugar, water and cinnamon in a slow cooker; stir gently. Cover and cook on low for 6 - 8 hours or until apples are tender.  
Yields: 5 cups.

## **Dumplings**

Submitted in Honor of SGT Jesse Holman

3 eggs  
1 tsp. baking powder  
Flour  
2 tsp milk

Mix all together. Add flour until the mixture is sticky.  
Drop by tsp. into soup. Simmer for about an hour.

## **Egg Salad Filling**

Submitted in honor of SSG David Seurer

<i>6 hard cooked eggs</i>	<i>1/4 tsp. salt</i>
<i>2 T. pickle relish</i>	<i>1/8 tsp. pepper</i>
<i>1 T. onion</i>	<i>Curry powder, to taste</i>
<i>1/2 T. prepared mustard</i>	<i>1/4 to 1/2 C. miracle whip</i>

Peel eggs, finely chop. Combine all ingredients, adding miracle whip until mixture is of desired consistency to spread.

## **Fly Spray**

Submitted in Honor of 1/147th FA

<i>1 C. Avon Skin-so-soft</i>	<i>2 C. white vinegar</i>
<i>1 C. water</i>	<i>1 T. Eucalyptus oil</i>

Combine all ingredients. Shake well before applying with a spray bottle. Works well on family as well as pets.

## **Grandma's Scotcheroos**

Submitted by Jeannie Jackson  
Grandma of SPC Rodney Schlechter

<i>1 C. light corn syrup</i>	<i>6 C. rice krispies or corn flakes</i>
<i>1 C. sugar</i>	<i>1 12 oz. bag chocolate chips</i>
<i>1 C. peanut butter + 3 T.</i>	

On low heat in medium kettle, mix corn syrup and sugar until boiling. Add 1 C. peanut butter, take off stove. Stir until peanut butter is melted and then pour into cereal. Dump into butter/sprayed 9x13 cake pan. Melt chocolate chips and 3 T. peanut butter on stove until melted and then pour over top of cereal mixture. Cool and then cut.



## **Homemade French Dressing**

Submitted by Julie Meirose  
Mother of SPC Anthony Meirose

<i>1/2 C. catsup</i>	<i>salt</i>
<i>1/2 C. oil</i>	<i>pepper</i>
<i>1/2 C. vinegar</i>	<i>Sugar</i>

Mix together with a pinch of salt & pepper. Add the sugar generously and refrigerate.

## **Homemade Shake-and-Bake**

Submitted in Honor of SFC Brett Blake

<i>4 C. flour</i>	<i>2 T. sugar</i>
<i>5 T. Lawry's seasoned salt</i>	<i>4 C. soda crackers, finely crushed</i>
<i>2 tsp. garlic powder</i>	<i>1/2 C. salad oil</i>
<i>2 tsp. onion powder</i>	<i>1/8 tsp. liquid smoke (optional)</i>
<i>1/4 C. paprika</i>	

Sift and mix flour, cracker meal, seasoned salt, sugar, garlic and onion powders and paprika together; sift mixture 3 or 4 times. Put mixture in the large bowl of an electric mixer; with mixer set on low speed, Blend the oil and liquid smoke with the dry ingredients. Refrigerate in a covered container. Use for coating foods to be fried or oven fried. Makes 2 qts.

## **Lemon Butter**

Submitted by Colleen Nilson  
Wife of CPT Kerry Nilson

<i>1 lb. margarine</i>	<i>1/2 C. white wine</i>
<i>2 lb. butter</i>	<i>2 tsp. chopped garlic</i>
<i>1/4 C. lemon juice</i>	

Combine all ingredients into a mixing bowl and beat at med. speed until smooth. Once combined, keep refrigerated until needed

## **Mom R's Rhubarb-Strawberry Jam**

Submitted by Colleen Nilson  
Wife of CPT Kerry Nilson

4 *C. diced rhubarb*  
4 *C. sugar*

1 *heaping C. strawberries, cut*  
*up*

Mix ingredients and bring to a boil over med heat. Boil 8 - 10 minutes over low heat. Take off stove and add 1 sm pkg of strawberry jello. Stir, cool and store in a glass container with an air tight lid. Keeps for months in refrigerator.

## **Oriental Dressing**

Submitted In Honor of SPC Gabriel Thyne

3 *T. honey*  
1 1/2 *T. rice wine vinegar*  
4 *tsp. mayonnaise*

1 *T. Dijon mustard*  
1/8 *tsp. sesame oil*

In a medium bowl, combine honey, rice wine vinegar, mayonnaise, Dijon mustard and sesame oil. Blend well and refrigerate until ready to serve. Return to refrigerator after use. Discard after 2 weeks. Use over any type salad. Makes 1/2 cup.

## **Play Dough**

Submitted by Linda Sween  
Wife of SSG Brandon Sween

1 *C. flour*  
1/2 *C. salt*  
2 *tsp. cream of tartar*

1 *C. water*  
1 *tsp. cooking oil*  
*liquid food coloring*

In a heavy saucepan, combine flour, salt, and cream of tartar. Pour the water and oil into the dry mixture and stir well. Cook over medium heat for 3 to 5 minutes, stirring constantly, until the dough pulls away from the sides of the pan. Remove from heat. Let cool in a bowl covered with a wet cloth for a minute, Add 10 to 12 drops of liquid food coloring and knead until smooth and blended. Store in an airtight container in the refrigerator for several weeks.

## **Poppy Seed Dressing**

Submitted In Honor of SSG Michael Pierson

<i>1 1/2 C. sugar</i>	<i>1 small onion</i>
<i>2 tsp. dry mustard</i>	<i>2 C. oil</i>
<i>2 tsp. salt</i>	<i>3 T. poppy seeds</i>
<i>2/3 C. vinegar</i>	

Mix all ingredients together in blender. Refrigerate.  
Makes 4 cups.

## **Rhubarb Jam**

Submitted by Linda George  
Mother of SGT Sara Bierman

<i>5 C. rhubarb</i>	<i>1 (6 oz.) pkg. strawberry Jello</i>
<i>1 C. water</i>	<i>5 C. sugar</i>
<i>1 can strawberry pie mix</i>	

Boil the rhubarb and water until soft. Then add the sugar. Boil together for 8 minutes. Then add 1 can strawberry pie mix and let simmer for 10 minutes. Then take off stove and add the Jello. Pour into jars.

*Every time I close the door on reality,  
it comes in through the windows.*

## **Salsa**

**Submitted by Tammy Chase  
In Honor of SFC Leonard Pies**

<i>30 tomatoes skinned and cut up</i>	<i>4 T. vinegar</i>
<i>6 green peppers</i>	<i>1 tsp. pepper</i>
<i>4 large onions</i>	<i>4 T. salt</i>
<i>6 hot peppers (seeds and all)</i>	<i>3 small cans tomato paste</i>
<i>12 toes of garlic</i>	<i>1 medium zucchini (use if you need to make it thicker)</i>
<i>3 T. Accent</i>	

Note: I cook my tomatoes while I'm cutting up the rest of the veggies because I don't like big chunks of tomatoes.

Note: I put in about 12 to 20 additional hot peppers with seeds, if you do this you do not have to use the zucchini.

Cut up the veggies and put in a food grinder or processor. Put in with tomatoes. Cook for about an hour on medium heat stirring occasionally.

Put into jars and seal and process about 15 to 20 minutes.

Makes about 9 pints.

## **Sausage Gravy**

**Submitted In Honor of SFC David Hoiten**

<i>1-12 oz. pkg. ground pork sausage</i>	<i>1/4 C. flour</i>
<i>3 T. butter</i>	<i>3 C. whole milk</i>
	<i>Salt and pepper to taste</i>

Place sausage in a large, deep skillet. Cook over medium-high heat until evenly brown. Remove sausage with a slotted spoon, leaving the drippings in the pan. Stir in the butter until melted. Add flour and stir until smooth. Reduce heat to medium and cook until lightly browned. Gradually whisk in whole milk and cook until thickened. Season with salt and pepper to taste and stir in cooked ground sausage. Reduce heat and simmer for 12 to 15 minutes. If gravy becomes too thick, stir in a little more milk. Makes about 3 1/2 cups.

## **Slime**

**Submitted by Linda Sween  
Wife of SSG Brandon Sween**

*2 C. white glue (such as Elmer's)    1 tsp. borax  
2 C. water*

Pour glue into a mixing bowl. Slowly add 1 1/2 cups of water and several drops of food coloring. In another bowl, dissolve borax in 1/2 cup of water.

Add dissolved borax to glue mixture. Knead for 10 minutes, until slime separates between your fingers. Let slime condense in an airtight container overnight before using. Store in an airtight container for up to 2 weeks.

## **Spaghetti or Pizza Sauce**

**Submitted by Brian Chase  
In Honor of SFC Mike Wiley**

<i>12 large tomatoes, cooked 5 min</i>	<i>2 bay leaves</i>
<i>2 large chopped onions</i>	<i>2 tsp. canning salt</i>
<i>2 cloves garlic, chopped</i>	<i>1 tsp. oregano</i>
<i>1/3 C. oil</i>	<i>12 oz. tomato paste</i>
<i>2 cubes beef bouillon</i>	<i>1 small container of Italian seasoning</i>
<i>4 tsp. basil</i>	<i>Optional: green peppers</i>

Cut tomatoes in chunks and cook 5 min, then add the rest of the ingredients.

Cook 1 to 1 1/2 hours until thickened.

Put into jars and process about 15 - 20 minutes.

Makes about 6 to 7 pints.

## **Spaghetti Sauce**

Submitted by Chris Pospishil  
Wife of SGT Scott Pospishil

<i>1 lb. hamburger</i>	<i>4 bay leaves</i>
<i>1 small onion chopped</i>	<i>1/2 tsp. celery salt</i>
<i>1 bottle chili sauce</i>	<i>1 tsp. oregano</i>
<i>1 8 oz. can tomato sauce</i>	

Brown hamburger and onions together, drain fat. Add the rest of the ingredients, simmer for 20 to 30 minutes. Remove bay leaves. Serve over favorite pasta.

## **Spaghetti Sauce**

Submitted by Angie Haas  
Wife of SFC Adam Haas.

<i>1 1/2 lb. hamburger</i>	<i>1 - 15 oz. can tomato sauce</i>
<i>1 small onion, diced</i>	<i>1/3 tsp. oregano</i>
<i>1/8 C. Parmesan cheese</i>	<i>1 - 15 oz. can stewed tomatoes</i>
<i>1 sm. can sliced mushrooms</i>	<i>1/8 tsp. minced garlic</i>
<i>Salt &amp; pepper to taste</i>	

Brown hamburger, onion and garlic in skillet; drain. Put in slow cooker, crock pot, or skillet. Add stewed tomatoes, tomato sauce, mushrooms, oregano, salt, pepper and Parmesan cheese. Simmer until ready to serve; can simmer all day if desired. Serve over cooked spaghetti noodles. Top with additional Parmesan cheese.

## **Sparerib Sauce**

Submitted by Chris Pospishil  
Wife of SGT Scott Pospishil

<i>3/4 C. catsup</i>	<i>1 tsp. paprika</i>
<i>3/4 C. water</i>	<i>Sprinkle of pepper</i>
<i>2 T. vinegar</i>	<i>1 tsp. chili powder</i>
<i>1 T. salt</i>	<i>2 T. Worcestershire sauce</i>

Combine ingredients. Baste meat last half hour of baking.  
Makes 1 3/4 cups of sauce.

## **Steak Marinade and toppings**

Submitted by Julie Meirose  
Mother of SPC Anthony Meirose

<i>1 pkg McCormick meat marinade</i>	<i>Bacon (cooked)</i>
<i>1/3 C. soy sauce</i>	<i>Spinach</i>
<i>1/3 C. oil</i>	<i>Mushroom slices</i>
<i>1/3 C. vinegar</i>	<i>Red bell pepper slices.</i>
<i>Provolone cheese slice</i>	

Marinate steaks for at least 2 hours in meat marinade, soy sauce, oil and vinegar.

Lay steaks out flat. Top with provolone cheese slice, bacon (cooked), spinach, mushroom slices and red bell pepper slices. Roll and secure with a toothpick. Bake at 350° for 1 hour

## **Sweet Pickles**

Submitted In Honor of SPC Derrick Mehlhaf

<i>2 gals. small, firm pickling cucumbers</i>	<i>2 tsp. ground ginger</i>
<i>Salt</i>	<i>6 C. sugar</i>
<i>4 T. alum, divided</i>	<i>1 qt. apple cider vinegar</i>
<i>1 T. turmeric</i>	<i>1 tsp. cinnamon</i>
	<i>1 tsp. ground cloves</i>

In large glass jug, make a brine strong enough to float an egg and enough to cover cucumbers. Place cucumbers in jug and cover with brine. Place a plate on top of cucumbers. Weight with a large Ziplock bag filled with water. Let stand for 8 to 10 days. Remove from brine and wash cucumbers with cold water. Clean jug and place cucumbers back in it. Cover with clean water mixed with 2 tablespoons alum for each gallon of water. Let stand for 48 hours. Slice cucumbers. Re-cover with water and mix with remaining 2 tablespoons alum, turmeric and ground ginger. Boil for 30 minutes. Drain and rinse with cold water. Make a syrup of 6 cups sugar, apple cider vinegar, 1 pint water, cinnamon and ground cloves. Place pickles in syrup and boil for 10 minutes. Seal in sterilized jars.

## **Thousand Island Dressing**

Submitted by Marlys Fisher  
Mother of CPT Damien Fisher

<i>1 qt. miracle whip</i>	<i>1/2 tsp. mustard</i>
<i>2 C. sugar</i>	<i>1/2 tsp. celery salt</i>
<i>1 can tomato soup</i>	<i>1/2 tsp. onion salt</i>
<i>1 jar pimento</i>	<i>1/3 tsp. garlic powder</i>
<i>1 T. worcestershire sauce</i>	<i>1 T. catsup</i>

Mix together with blender.

## **Turkey Flavoring Sauce**

Submitted by Brian Chase  
Brother of LTC David Chase

<i>1 C. butter</i>	<i>1 C. lemon juice</i>
<i>3 T. onion juice</i>	<i>1/8 C. salt</i>
<i>3 T. garlic juice</i>	<i>1 pt. water (2 C.)</i>
<i>1 1/2 tsp. tabasco sauce</i>	
<i>3 T. taco sauce (smooth like liquid - medium)</i>	

Mix all together in a heavy sauce pan. Simmer for 1 hour and cool until warm.

Inject the turkey in the cavity. We use a 14 x needle - 60 cc syringe.

Set turkey in refrigerator over night.

Mixture is for a 17# turkey.

*Time may heal wounds,  
but it doesn't do anything for wrinkles.*



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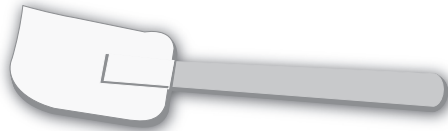
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# Common Kitchen Pans

## When a recipe calls for...

### 4 cup baking dish:

- 9 inch pie plate
- 8 x 1 1/4 inch layer cake pan ..... C
- 7 3/8 x 3 5/8 x 2 1/4 inch loaf pan ..... A

### 6 cup baking dish:

- 8 or 9 x 1 1/2-inch layer-cake pan ..... C
- 10 inch pie plate
- 8 1/2 x 3 5/8 x 2 5/8 inch loaf pan ..... A

### 8 cup baking dish:

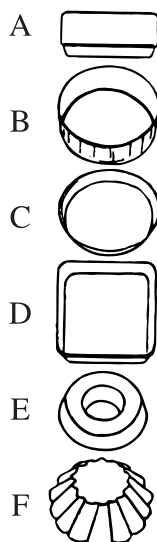
- 8 x 8 x 2 inch square pan ..... D
- 11 x 7 x 1 1/2 inch baking pan
- 9 x 5 x 3 inch loaf pan ..... A

### 10 cup baking dish:

- 9 x 9 x 2 inch square pan
- 11 3/4 x 7 1/2 x 1 3/4 inch baking pan .... D
- 15 x 10 x 1 inch jellyroll pan

### 12 cup baking dish or over:

- 12 1/3 x 8 1/2 x 2 inch glass baking pan ..... 12 cups
- 13 x 9 x 2 inch metal baking pan ..... 15 cups
- 14 x 10 1/2 x 2 1/2 inch roasting ..... 19 cups



## Total Volume of Various Special Baking Pans...

### Tube Pans:

- 7 1/2 x 3 inch "Bundt" tube ..... K .... 6 cups
- 9 x 3 1/2 inch fancy tube or "Bundt" pan ..... J or K .. 9 cups
- 9 x 3 1/2 inch angel cake pan ..... H ..... 12 cups
- 10 x 3 3/4 inch "Bundt" or "Crownburst" pan ..... K ..... 12 cups
- 9 x 3 1/2 inch fancy tube ..... J ..... 12 cups
- 10 x 4 inch fancy tube mold (kugelhupf) ..... J ..... 16 cups
- 10 x 4 inch angel cake pan ..... H ..... 18 cups

### Spring Form Pans:

- 8 x 3 inch pan ..... B ..... 12 cups
- 9 x 3 inch pan ..... B ..... 16 cups

### Ring Mold:

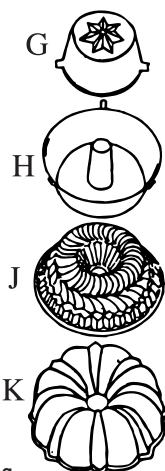
- 8 1/2 x 2 1/4 inch mold ..... E ..... 4 1/2 cups
- 9 1/4 x 2 3/4 inch mold ..... E ..... 8 cups

### Charlotte Mold:

- 6 x 4 1/4-inch mold ..... G .... 7 1/2 cups

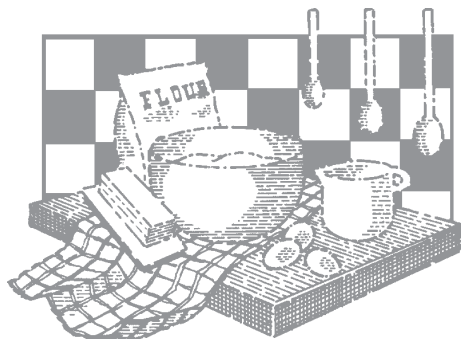
### Brioche Pan:

- 9 1/2 x 3 1/4-inch pan ..... F ..... 8 cups



# Equivalents for Cooking Ingredients

1 lb.....	Apples.....	3 or 4 medium
1 lb.....	Bananas .....	3 or 4 medium
1 lb.....	Beans, dried .....	5 to 6 cups cooked
1 quart .....	Berries.....	3 1/2 cups
1 slice .....	Bread.....	1/2 cup crumbs
1/4 lb.....	Cheese, grated .....	1 cup
1 oz. ....	Chocolate, 1 square ..	1 T. melted
1/2 pint .....	Cream .....	1 cups
1 cup.....	Cream, heavy .....	2 cups whipped
1 lb.....	Flour, all-purpose .....	4 cups sifted
1 envelope .....	Gelatin.....	1 T.
1 tsp. ....	Herbs, dried .....	1 T. fresh
2 to 3 T. juice .....	Lemon .....	1 1/2 tsp. grated rind
1 cup dry .....	Macaroni .....	2 1/4 cups cooked
1 lb.....	Meat, diced.....	2 cups
1 lb.....	Mushrooms.....	5 to 6 cups sliced
1/4 lb.....	Nuts, shelled.....	1 cup chopped
1 medium.....	Onion .....	1/2 cup chopped
6 to 8 T. juice .....	Orange .....	1/3 to 1/2 cup pulp
3 medium.....	Potatoes.....	1 3/4 to 2 cups mashed
1 cup uncooked ....	Rice .....	3 cups cooked
1/2 lb.....	Spaghetti .....	3 1/2 to 4 cups cooked
1 lb.....	Sugar, confectioners ..	4 1/2 cups unsifted
1 lb.....	Sugar, granulated .....	2 cups
1 lb.....	Tomatoes .....	3 or 4 medium
1 lb.....	Walnuts in shell .....	1 3/4 cups chopped



# Substitutions

## FOR:

## YOU CAN USE:

1 T. cornstarch.....	2 T. flour OR 1 1/2 T. quick cooking tapioca
1 C. cake flour .....	1 C. less 2 T. all-purpose flour
1 C. all-purpose flour .....	1 C. plus 2 T. cake flour
1 square chocolate .....	3 T. cocoa and 1 T. shortening
1 C. melted shortening.....	1 C. salad oil (may not be substituted for solid shortening)
1 C. milk.....	1/2 C. evaporated milk and 1/2 C. water
1 C. sour milk or buttermilk .....	1 T. lemon juice or vinegar and enough sweet milk to measure 1 C.
1 C. heavy cream.....	2/3 C. milk and 1/3 C. butter
1 C. heavy cream, whipped .....	2/3 C. well-chilled evaporated milk, whipped
Sweetened condensed milk .....	No substitution
1 egg.....	2 T. dried whole egg and 2 T. water
1 tsp. baking powder.....	1/4 tsp. baking soda and 1 tsp. cream of tartar OR 1/4 tsp. baking soda and 1/2 C. sour milk, buttermilk or molasses; reduce other liquid 1/2 C.
1 C. sugar .....	1 C. honey; reduce other liquid 1/4 C.; reduce baking temperature 25°
1 C. miniature marshmallows ...	About 10 large marshmallows, cut up
1 medium onion (2 1/2" dia.)....	2 T. instant minced onion OR 1 tsp. onion powder OR 2 tsp. onion salt; reduce salt 1 tsp.
1 garlic clove.....	1/8 tsp. garlic powder OR 1/4 tsp. garlic salt reduce salt 1/8 tsp.
1 T. fresh herbs .....	1 tsp. dried herbs OR 1/4 tsp. powdered herbs OR 1/2 tsp. herb salt; reduce salt 1/4 tsp.

# More Substitutions

**For bread crumbs:** Use crushed corn or wheat flakes, or other dry cereal. Or use potato flakes.

**For butter:** Use 7/8 cup of solid shortening plus 1/2 teaspoon of salt.

**For fresh milk:** To substitute 1 cup of fresh milk, use 1/2 cup each of evaporated milk and water. For 1 cup of whole milk, prepare 1 liquid cup of nonfat dry milk and 2 1/2 teaspoons butter or margarine.

**For sugar:** Use brown sugar, although it will result in a slight molasses flavor.

**For superfine sugar:** Process regular granulated sugar in your blender.

**For red and green sweet pepper:** Use canned pimientos.

**For vanilla extract:** Use grated lemon or orange rind for flavoring instead. Or try a little cinnamon or nutmeg.

**For flour:** Substitute 1 tablespoon cornstarch for 2 tablespoons of flour. Or try using instant potatoes or cornmeal.

**For buttermilk:** Use 1 tablespoon of lemon juice or vinegar and enough fresh milk to make 1 cup. Let it stand 5 minutes before using.

**For catsup:** Use a cup of tomato sauce added to 1 1/4 cups of brown sugar, 2 tablespoons of vinegar, 1/4 teaspoon of cinnamon and a dash of ground cloves and allspice.

**For unsweetened chocolate:** Use 1 tablespoon of shortening plus 3 tablespoons of unsweetened chocolate to equal 1 square of unsweetened chocolate.

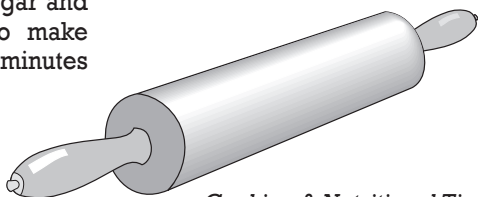
**For corn syrup:** Use 1/4 cup of water or other type of liquid called for in the recipe, plus 1 cup of sugar.

**For eggs:** Add 3 or 4 extra tablespoons of liquid called for in the recipe. Or, when you're 1 egg shy for a recipe that calls for many, substitute 1 teaspoon of cornstarch.

**For cake flour:** Use 7/8 cup of all-purpose flour for each cup of cake flour called for in a recipe.

**For fresh herbs and spices:** For 1/3 the amount of dried herbs or spices. Dried herbs are more concentrated.

**For honey:** To substitute 1 cup of honey, use 1 1/4 cups of sugar and 1/4 cup of water or other liquid called for in the recipe.



# Common Causes of Failure in Baking

## **Biscuits**

1. Rough biscuits caused from insufficient mixing.
2. Dry biscuits caused from baking in too slow an oven and handling too much.
3. Uneven browning caused from cooking in dark surface pan (use a cookie sheet or shallow bright finish pan), too high a temperature and rolling the dough too thin.

## **Muffins**

1. Coarse texture caused from insufficient stirring and cooking at too low a temperature.
2. Tunnels in muffins, peaks in center and soggy texture are caused from overmixing.
3. For a nice muffin, mix well but light and bake at correct temperature.

## **Cakes**

1. Cracks and uneven surface may be caused by too much flour, too hot an oven and sometimes from cold oven start.
2. Cake is dry may be caused by too much flour, too little shortening, too much baking powder or cooking at too low a temperature.
3. A heavy cake means too much sugar has been used or baked too short a period.
4. A sticky crust is caused by too much sugar.
5. Coarse grained cake may be caused by too little mixing, too much fat, too much baking powder, using fat too soft, and baking at too low a temperature.

6. Cakes fall may be caused by using insufficient flour, under baking, too much sugar, too much fat or not enough baking powder.
7. Uneven browning may be caused from cooking cakes at too high a temperature, crowding the shelf (allow at least 2" around pans) or using dark pans (use bright finish, smooth bottomed pans).
8. Cake has uneven color is caused from not mixing well. Mix thoroughly, but do not over mix.

## **Pies**

1. Pastry crumbles caused by overmixing flour and fat.
2. Pastry is tough caused by using too much water and over mixing dough.
3. Pies do not burn - for fruit or custard pies use a Pyrex pie pan or enamel pan and bake at 400° to 425° constant temperature.

## **Breads (Yeast)**

1. Yeast bread is porous - this is caused by over-rising or cooking at too low a temperature.
2. Crust is dark and blisters - this is caused by over-rising, the bread will blister just under the crust.
3. Bread does not rise - this is caused from over-kneading or from using old yeast.
4. Bread is streaked - this is caused from underkneading and not kneading evenly.
5. Bread baked uneven - caused by using old dark pans, too much dough in pan, crowding the oven shelf or cooking at too high temperature.



# Uses For Spices and Seasonings



Cakes, cookies, pies, breads, puddings, fruit preserves, pickles, relishes, yellow vegetables.



Salads and salad dressings, sour cream or mayonnaise dips, eggs, cucumbers, tomatoes, carrots, fish, cheese dishes.



Tomatoes, tomato sauce, barbecue sauce, salads.



Nearly all types of meat, fish, poultry, vegetables, sauces, stews, soups, salads and salad dressings.



Meat loaf; beef, lamb and vegetable stews; bean salad.



Lamb, poultry stuffing, beef and pork roasts, tomato sauce, salads, seafood, turnips, potatoes, cauliflower.



Ham, beets, pickling, beef marinades, hot spiced beverages, cakes, pies, puddings.



Veal, sausage, poultry, stuffings, cheese spreads, soups.



Vegetable and beef chili, cocktail and barbecue sauces, egg dishes, meatballs, meat loaf.



Salad dressings, sauces, egg dishes, stews, poultry, seafood.



Chowder, seafood, stuffing, poultry, meat, vegetables.



Cakes, cookies, pies, puddings, coffee, dessert topping, yellow vegetables, hot spiced beverages.

# Food Storage

**Baking Powder:** Store the airtight tins in a cool, dry place and replace every 6 months.

**Baking Soda:** Store in an airtight container in a cool, dry place for about 6 months.

**Beans:** Once a package is opened, dry beans should not be refrigerated but stored in airtight containers in a cool, dry place. They will keep for about 1 year.

**Bread:** A rib of celery in your bread bag will keep the bread fresh for a longer time.

**Brown Sugar:** Wrap in a plastic bag and store in a tightly covered container for up to 4 months.

**Cakes:** Putting half an apple in the cake box will keep cake moist.

**Celery and lettuce:** Store in refrigerator in paper bags instead of plastic. Leave the outside leaves and stalks on until ready to use.

**Cheese:** Wrap cheese in a vinegar-dampened cloth to keep it from drying out.

**Chocolate:** Store chocolate for no longer than 1 year. It should be kept in a cool, dry place with a temperature range of 60°F to 75°F. If the storage temperature exceeds 75°F, some of the cocoa butter may separate and rise to the surface, causing a whitish color to the chocolate called "bloom".

**Cocoa:** Store cocoa in a glass jar in a dry and cool place.

**Cookies:** Place crushed tissue paper on the bottom of your cookie jar.

**Cottage Cheese:** Store carton upside-down. It will keep twice as long.

**Dried Fruit:** Store unopened packages of dried fruit in a cool, dry place or in the refrigerator. Store opened packages in an airtight container in the refrigerator or freezer for 6 to 8 months.

**Flour:** Store flour in a clean, tightly covered container for up to 1 year at room temperature.

**Garlic:** Garlic should be stored in a dry, airy place away from light. Garlic cloves can be kept in the freezer. When ready to use, peel and chop before thawing. Or, garlic cloves will never dry out if you store them in a bottle of cooking oil. After the garlic is used up, you can use the garlic flavored oil for salad dressing.

**Granulated Sugar:** Store sugar in a tightly covered container for up to 2 years.

**Honey:** Put honey in small plastic freezer containers to prevent sugaring. It also thaws out in a short time.

**Ice Cream:** Ice cream that has been opened and returned to the freezer sometimes forms a waxlike film on the top. To prevent this, after part of the ice cream has been removed press a piece of waxed paper against the surface and reseal the carton.

**Lemons:** Store whole lemons in a tightly sealed jar of water in the refrigerator. They will yield much more juice than when first purchased.

**Limes:** Store limes, wrapped in tissue paper, on lower shelf of the refrigerator.

**Marshmallows:** They will not dry out if stored in the freezer. Simply cut with scissors when ready to use.

**Nuts:** For optimum freshness and shelf life, nuts should be stored, preferably unshelled, in a tightly covered container in the refrigerator or freezer and shelled as needed. (The shell and the cool temperature keep the nut from turning rancid.)

**Olive Oil:** You can lengthen the life of olive oil by adding a cube of sugar to the bottle.

**Onions:** Wrap individually in foil to keep them from becoming soft or sprouting. Once an onion has been cut in half, rub the leftover side with butter and it will keep fresh longer.

**Parsley:** Keep fresh and crisp by storing in a wide-mouth jar with a tight lid. Parsley may also be frozen.

**Popcorn:** It should always be kept in the freezer. Not only will it stay fresh, but freezing helps eliminate "old-maids".

**Potatoes:** Potatoes, as well as other root vegetables, keep well in a dark, cool place, preferably a cellar. Store them in a dark brown paper bag.

**Shredded Coconut:** Store in a cool, dry place in an airtight container. Do not store in the refrigerator.

**Smoked Meats:** Wrap ham or bacon in a vinegar-soaked cloth, then in waxed paper to preserve freshness.

**Soda Crackers:** Wrap tightly and store in the refrigerator.

**Strawberries:** Keep in a colander in the refrigerator. Wash just before serving.

**Vegetables with tops:** Remove the tops on carrots, beets, etc. before storing.

**Yeast:** Store in the freezer or refrigerator in a closed plastic bag.

## MEAT

### Beef

Roasts ..... 3 to 5 days

Steaks ..... 3 to 5 days

Ground beef,  
stew meat ..... 2 days

### Pork

Roasts ..... 3 to 5 days

Hams, picnics, whole ..... 7 days

Bacon ..... 7 to 14 days

Chops, spareribs ..... 2 to 3 days

Pork sausage ..... 1 to 2 days

### Veal

Roasts ..... 3 to 5 days

Chops ..... 4 days

### Lamb

Roasts ..... 3 to 5 days

Chops ..... 3 to 5 days

Ground lamb ..... 2 days

### Poultry

Chickens, whole ..... 1 to 2 days

Chickens, cut up ..... 2 days

Turkeys, whole ..... 1 to 2 days

### Cooked meats

Leftover cooked meats ..... 4 days

Cooked poultry ..... 2 days

Hams, picnics ..... 7 days

Frankfurters ..... 4 to 5 days

Sliced luncheon meats ..... 3 days

Un sliced bologna ..... 4 to 6 days

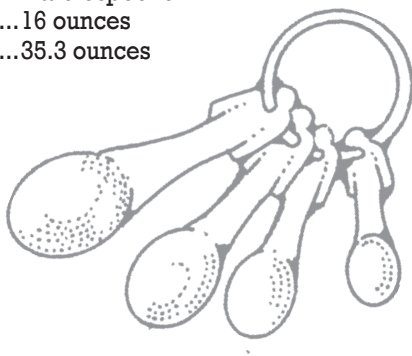


# Metric Volume Measurements

Measure	Equivalent
1 cubic centimeter .....	0.061 cubic inch
1 cubic inch.....	16.39 cubic centimeters
1 cubic decimeter .....	0.0353 cubic foot
1 cubic foot .....	28.317 cubic decimeters
1 cubic yard .....	0.7646 cubic meter
1 cubic meter .....	0.2759 cord
1 cord.....	3.625 steres
1 liter.....	0.908 qt. dry (1.0567 qts. liquid)
1 quart dry .....	1.101 liters
1 quart liquid.....	0.9463 liter
1 dekaliter.....	2.6417 gallons (1.135 pecks)
1 gallon .....	0.3785 dekaliter
1 peck .....	0.881 dekaliter
1 hektoliter.....	2.8378 bushels
1 bushel .....	0.3524 hektoliter

## Simplified Measurements

Measure	Equivalent
1 tablespoon.....	3 teaspoons
2 tablespoons.....	1 ounce
1 jigger.....	1 1/2 ounces
1/4 cup .....	4 tablespoons
1/3 cup .....	5 tablespoons plus 1 teaspoon
1/2 cup .....	8 tablespoons
1 cup .....	16 tablespoons
1 pint.....	2 cups
1 quart.....	4 cups
1 gallon .....	4 quarts
1 liter.....	4 cups plus 3 tablespoons
1 ounce (dry).....	2 tablespoons
1 pound.....	16 ounces
2.21 pounds.....	35.3 ounces



# USDA Food Guide

Amounts in each food group are recommended for most adults at a daily 2,000 calorie level diet.

<b>Food Group</b>	<b>USDA Daily Recommendation</b>	<b>Equivalent Amounts</b>
<b>Fruits</b>	<b>2 cups (4 servings)</b>	<b><i>1/2 cup is equivalent to:</i></b> • 1/2 cup fresh, frozen or canned fruit • 1 medium fruit • 1/4 cup dried fruit • 1/2 cup fruit juice
<b>Vegetables</b>	<b>2 1/2 cups (5 servings)</b>	<b><i>1/2 cup is equivalent to:</i></b> • 1/2 cup raw or cooked vegetables • 1 cup raw leafy vegetables • 1/2 cup vegetable juice
<b>Grains</b>	<b>6 ounces</b>	<b><i>1 ounce is equivalent to:</i></b> • 1 slice bread • 1 cup dry cereal • 1/2 cup cooked rice, pasta or cereal
<b>Meats &amp; Beans</b>	<b>5 1/2 ounces</b>	<b><i>1 ounce is equivalent to:</i></b> • 1 ounce cooked lean meat, poultry or fish • 1 egg • 1/4 cup cooked dry beans or tofu • 1 tablespoon peanut butter
<b>Milk</b>	<b>3 cups</b>	<b><i>1 cup is equivalent to:</i></b> • 1 cup low-fat or fat-free milk or yogurt • 1 1/2 ounces low-fat or fat-free natural cheese • 2 ounces low-fat or fat-free processed cheese
<b>Oils</b>	<b>24 grams (6 teaspoons)</b>	<b><i>1 teaspoon is equivalent to:</i></b> • 1 teaspoon soft margarine • 1 tablespoon low-fat mayonnaise • 2 tablespoons light salad dressing • 1 teaspoon vegetable oil
<b>Discretionary</b>	<b>267 calories (2 2/3 T. sugars)</b>	<b><i>1 tablespoon is equivalent to:</i></b> • 1 tablespoon jelly or jam • 1/2 ounce jelly beans • 8 ounces lemonade

The 2,000 calorie USDA Food Guide is appropriate for many sedentary males 51 to 70 years of age, sedentary females 19 to 30 years of age and for some other gender or age groups who are more physically active. The oils listed in this table are not considered to be part of discretionary calories because they are a major source of Vitamin E and polyunsaturated fatty acids, including the essential fatty acids, in the food pattern. In contrast, solid fats (i.e., saturated and trans fats) are listed separately as a source of discretionary calories.

Source: USDA Dietary Guidelines for Americans 2005, Table 1.

# Calorie Requirements Chart

Estimated amounts of calories required to maintain energy balance for certain gender and age groups at three different levels of physical activity. Estimates are rounded to the nearest 200 calories and were determined using the Institute of Medicine equation.

Activity Level				
Gender	Age	Sedentary	Moderately Active	Active
Child	2 to 3	1,000	1,000 to 1,400	1,000 to 1,400
Female	4 to 8	1,200	1,400 to 1,600	1,400 to 1,800
	9 to 13	1,600	1,600 to 2,000	1,800 to 2,200
	14 to 18	1,800	2,000	2,400
	19 to 30	2,000	2,000 to 2,200	2,400
	31 to 50	1,800	2,000	2,200
	51+	1,600	1,800	2,000 to 2,200
Male	4 to 8	1,400	1,400 to 1,600	1,600 to 2,000
	9 to 13	1,800	1,800 to 2,200	2,000 to 2,600
	14 to 18	2,200	2,400 to 2,800	2,800 to 3,200
	19 to 30	2,400	2,600 to 2,800	3,000
	31 to 50	2,200	2,400 to 2,600	2,800 to 3,000
	51+	2,000	2,200 to 2,400	2,400 to 2,800

Source: USDA Dietary Guidelines for Americans 2005, Table 3.

## How Much is One Serving?

### Milk & Milk Products

- 1 C. (8 oz.) milk or yogurt
- 2 (3/4 oz.) slices cheese (1/8" thick)
- 2 C. cottage cheese
- 1 1/2 C. ice milk, ice cream or frozen yogurt

### Meat & Meat Alternatives

- 2 to 3 oz. cooked lean meat, poultry or fish
- 2 eggs
- 7 oz. tofu
- 1 C. cooked dried beans or peas
- 4 T. peanut butter
- 1/2 C. nuts or seeds

### Vegetables

- 1/2 C. cooked vegetables
- 1/2 C. raw chopped vegetables
- 1 C. raw leafy vegetables
- 1/2 to 3/4 C. vegetable juice

### Fruits

- 1 whole medium fruit (about 1 cup)
- 1/4 C. dried fruit
- 1/2 C. canned fruit
- 1/2 to 3/4 C. fruit juice

### Bread & Cereal

- 1 slice bread
- 1 medium muffin
- 1/2 hot dog bun or hamburger bun
- 1/2 bagel or English muffin
- 4 small crackers
- 1 tortilla
- 1 C. cold cereal
- 1/2 C. cooked cereal
- 1/2 C. rice
- 1/2 C. pasta

Source: USDA Dietary Guidelines for Americans 2005, Table 3.

# Table of Nutrients

Estimated nutrient intake levels recommended by the USDA at the daily 2,000 calorie level, as well as recommendations by the Institute of Medicine (IOM) for females 19 to 30 years of age.

<b>Nutrient</b>	<b>USDA</b>	<b>IOM for females 19 to 30*</b>
Protein, g	91	RDA: 56
Carbohydrate, g	271	RDA: 130
Total Fat, g	65	--
Saturated Fat, g	17	--
Monounsaturated Fat, g	24	--
Polyunsaturated Fat, g	20	--
Total Dietary Fiber, g	31	AI: 28
Cholesterol, mg	230	ALAP
Potassium, mg	4,044	AI: 4,700
Sodium, mg	1,779	AI: 1,500, UL: <2,300
Calcium, mg	1,316	AI: 1,000
Magnesium, mg	380	RDA: 310
Iron, mg	18	RDA: 18
Phosphorous, mg	1,740	RDA: 700
Zinc, mg	14	RDA: 8
Riboflavin, mg	2.8	RDA: 1.1
Vitamin B6, mg	2.4	RDA: 1.3
Vitamin B12	8.3	RDA: 2.4
Vitamin C	155	RDA: 75
Vitamin E	9.5	RDA: 15
Vitamin A	1,052	RDA: 700

\*RDA= Recommended Daily Allowance, AI= Adequate Intake, AMDR= Acceptable Macronutrient Distribution Range, UL= Upper Limit, ALAP= As Low As Possible while consuming a nutritionally adequate diet.

Source: USDA Dietary Guidelines for Americans 2005, Table 2.

## Sources for Common Nutrients

### Vitamin A

- Bright orange vegetables like carrots, sweet potatoes and pumpkin
- Tomatoes, tomato products and red sweet peppers
- Leafy greens, such as spinach, collards, turnip greens, kale, beet and mustard greens, green leaf lettuce and romaine
- Orange fruits like mango, cantaloupe, apricots and red or pink grapefruit

### Vitamin C

- Citrus fruits and juices, kiwi fruit, strawberries, guava, papaya and cantaloupe
- Broccoli, peppers, tomatoes, cabbage (especially Chinese cabbage), brussels sprouts and potatoes
- Leafy greens, such as romaine, turnip greens and spinach

### Potassium

- Baked white or sweet potatoes, cooked greens or spinach, orange squash
- Bananas, plantains, many diced fruits, oranges and orange juice, cantaloupe and honeydew melons
- Cooked dry beans
- Soybeans (green and mature)
- Tomato products (sauce, paste or puree)
- Beet greens

Source: USDA Dietary Guidelines for Americans 2005, Table 5.

# Healthy Choices

This table shows the differences in saturated fat and calorie content of commonly consumed foods. Comparisons are made between foods in the same food group.

Food Group	Portion	Saturated Fat (g)	Calories
<b>Cheese</b>			
Regular Cheddar cheese	1 oz.	6.0	114
Low-fat Cheddar cheese	1 oz.	1.2	49
<b>Meats &amp; Poultry</b>			
Regular ground beef	3 oz.	6.1	236
Extra lean ground beef	3 oz.	2.6	148
Fried chicken leg	3 oz.	3.3	212
Roasted chicken breast	3 oz.	0.9	140
Fried fish	3 oz.	2.8	195
Baked fish	3 oz.	1.5	129
<b>Milk</b>			
Whole milk	1 C.	4.6	146
Low-fat milk (1%)	1 C.	1.5	102
<b>Breads</b>			
Croissant	Medium	6.6	231
Oat bran bagel (4")	Medium	0.2	227
<b>Frozen Desserts</b>			
Regular ice cream	1/2 C.	4.9	145
Low-fat frozen yogurt	1/2 C.	2.0	110
<b>Oils</b>			
Butter	1 tsp.	2.4	34
Soft margarine	1 tsp.	0.7	25

Source: USDA Dietary Guidelines for Americans 2005, Table 9.

## Sources of Saturated Fat Intake in the American Diet

This table shows major dietary sources of saturated fats in the U.S. diet, with a mean average daily intake of 25.5 grams. Saturated fats make the body produce more cholesterol, which can raise blood cholesterol levels and lead to cardiovascular disease. Contribution shows percent of total saturated fat consumed.

Food Group	Contribution	Food Group	Contribution
Cheese .....	13.1	Shortening.....	4.4
Beef.....	11.7	Salad Dressing	
Milk.....	7.8	/Mayonnaise.....	3.7
Oils .....	4.9	Poultry.....	3.6
Ice Cream/Sherbet		Margarine .....	3.2
/Frozen Yogurt.....	4.7	Sausage.....	3.1
Cakes/Cookies		Potato Chips/Corn	
/Quick Bread		Chips/Popcorn.....	2.9
/Donuts .....	4.7	Yeast Bread.....	2.6
Butter .....	4.6	Eggs.....	2.3

Source: USDA Dietary Guidelines for Americans 2005, Table 10.



# Physical Activity Recommendations

Engaging in regular physical activity will promote your health, psychological well-being and a healthy body weight. Use the following recommendations for achieving regular physical activity.

- To reduce the risk of chronic disease in adulthood, engage in at least 30 minutes of moderate-intensity physical activity. Physical activity should be above usual activity at work or home on most days of the week.
- Greater health benefits can be achieved by most people by engaging in more vigorous physical activity over a longer duration.
- To help manage body weight and to prevent gradual unhealthy weight gain in adulthood, engage in approximately 60 minutes of moderate to vigorous intensity activity on most days of the week, while not exceeding caloric intake requirements.
- To sustain weight loss in adulthood, participate in at least 60 to 90 minutes of daily moderate-intensity physical activity while not exceeding caloric intake requirements.
- Achieve physical fitness by including cardiovascular conditioning, stretching exercises for flexibility and resistance exercises or calisthenics for muscle strength and endurance.

## Physical Activity Recommendations Per Age Group

### **Children & Adolescents**

Engage in at least 1 hour of physical activity on most or all days of the week.

### **Pregnant Women**

In the absence of medical or obstetric complications, engage in 30 minutes or more of moderate-intensity physical activity on most or all days of the week. Avoid activities with a high risk of falling or abdominal trauma.

### **Breastfeeding Women**

Be aware that neither acute nor regular exercise will adversely affect the mother's ability to successfully breastfeed.

### **Older Adults**

Engage in regular physical activity to reduce functional declines associated with aging.

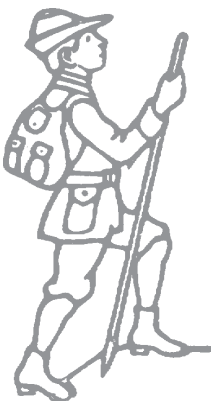
Source: USDA Dietary Guidelines for Americans 2005, Physical Activity, viii.

# Calories Expended in Common Physical Activities

This table shows the average amount of calories expended during common physical activities. Examples are average amounts of calories a 154-pound individual will expend by engaging in each activity for 1 hour. The expenditure value encompasses both resting metabolic rate calories and activity expenditure. Some of the activities can constitute either moderate- or vigorous-intensity physical activity depending on the rate at which they are carried out (for example, walking or biking).

<b>Moderate Physical Activity</b>	<b>Approximate Calories Expended Per Hour</b>
Hiking.....	370
Light gardening/yard work.....	330
Dancing.....	330
Golf (walking while carrying clubs) .....	330
Bicycling (<10 mph) .....	290
Walking (3.5 mph) .....	280
Weight lifting (general light workout) .....	220
Stretching .....	180
<b>Vigorous Physical Activity</b>	
Running/jogging (5 mph) .....	590
Bicycling (>10 mph) .....	590
Swimming (slow freestyle laps) .....	510
Aerobics.....	480
Walking (4.5 mph) .....	460
Heavy yard work (chopping wood).....	440
Weight lifting (vigorous effort) .....	440
Basketball (vigorous).....	440

Source: USDA Dietary Guidelines for Americans 2005, Table 4.



# HOUSEHOLD HINTS

Tips to remedy this or that in the household

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# Clean-up Tips

**Appliances:** To shine chrome, use vinegar or window cleaner.

If the numbers on your oven dial are worn, take a yellow crayon and rub it all over the number on the dial. Gently wipe off the excess crayon and paint with clear nail polish.

To clean splattered food from the interior of your microwave, bring one cup of water to a boil until steam forms on the inside walls of microwave. Remove water and wipe with a damp cloth. You may have to repeat the process to get a really big job done.

To rid yellowing from white appliances try this: Mix together: 1/2 cup bleach, 1/4 cup baking soda and 4 cups warm water. Apply with a sponge and let set for 10 minutes. Rinse and dry thoroughly.

Instead of using commercial waxes, shine with rubbing alcohol.

For quick clean-ups, rub with equal parts of water and household ammonia.

Or, try club soda. It cleans and polishes at the same time.

**Blender:** Fill part way with hot water and add a drop of detergent. Cover and turn it on for a few seconds. Rinse and drain dry.

**Burnt and scorched pans:** Sprinkle burnt pans liberally with baking soda, adding just enough water to moisten. Let stand for several hours. You can generally lift the burned portions right out of the pan.

Stubborn stains on non-stick cookware can be removed by boiling 2 tablespoons of baking soda, 1/2 cup vinegar and 1 cup water for 10 minutes. Re-season pan with salad oil.

**Cast-iron skillets:** Clean the outside of the pan with commercial oven cleaner. Let set for 2 hours and

the accumulated black stains can be removed with vinegar and water.

**Dishwasher:** Run a cup of white vinegar through the entire cycle in an empty dishwasher to remove all soap film.

**Clogged drains:** When a drain is clogged with grease, pour a cup of salt and a cup of baking soda into the drain followed by a kettle of boiling water. The grease will usually dissolve immediately and open the drain.

Coffee grounds are a no-no. They do a nice job of clogging, especially if they get mixed with grease.

**Dusting:** Spray furniture polish on the bristles of your broom and the dust and dirt will be easier to collect when you sweep.

**Dish Drainer:** Remove hard water stains from your dish drainer by tilting the low end of the board slightly and pouring one cup of white vinegar over the board. Let it set overnight and rub off with a sponge in the morning.

**Glassware:** Never put a delicate glass in hot water bottom side first; it will crack from sudden expansion. The most delicate glassware will be safe if it is slipped in edgewise.

Vinegar is a must when washing crystal. Rinse in 1 part vinegar to 3 parts warm water. Air dry.

When one glass is tucked inside another, do not force them apart. Fill the top glass with cold water and dip the lower one in hot water. They will come apart without breaking.

**Grater:** For a fast and simple clean-up, rub salad oil on the grater before using.

Use a toothbrush to brush lemon rind, cheese, onion or whatever out of the grater before washing.

**Thermos bottle:** Fill the bottle with warm water, add 1 teaspoon of baking soda and allow to soak.

**Oven:** Following a spill, sprinkle with salt immediately. When oven is cool, brush off burnt food and wipe with a damp sponge.

Sprinkle bottom of oven with automatic dishwasher soap and cover with wet paper towels. Let stand for a few hours.

A quick way to clean oven parts is to place a bath towel in the bathtub and pile all removable parts from the oven onto it. Draw enough hot water to just cover the parts and sprinkle a cup of dishwasher soap over it. While you are cleaning the inside of the oven, the rest will be cleaning itself.

An inexpensive oven cleaner: Set oven on warm for about 20 minutes, then turn off. Place a small dish of full strength ammonia on the top shelf. Put a large pan of boiling water on the bottom shelf and let it set overnight. In the morning, open oven and let it air a while before washing off with soap and water. Even the hard baked-on grease will wash off easily.

### **Plastic cups, dishes and containers:**

Coffee or tea stains can be scoured with baking soda. Or, fill the stained cup with hot water and drop in a few denture cleanser tablets. Let soak for 1 hour.

To rid foul odors from plastic containers, place crumpled-up newspaper (black and white only) into the container. Cover tightly and leave overnight.

**Refrigerator:** To help eliminate odors fill a small bowl with charcoal (the kind used for potted plants) and place it on a shelf in the refrigerator. It absorbs odors rapidly.

An open box of baking soda will absorb food odors for at least a month or two.

A little vanilla poured on a piece of cotton and placed in the refrigerator will eliminate odors.

To prevent mildew from forming, wipe with vinegar. The acid effectively kills the mildew fungus. Use a glycerin soaked cloth to wipe sides and shelves. Future spills wipe up easily. And after the freezer has been defrosted, coat the inside coils with glycerin. The next time you defrost, the ice will loosen quickly and drop off in sheets.

Wash inside and out with a mixture of 3 tablespoons of baking soda in a quart of warm water.

**Sinks:** For a sparkling white sink, place paper towels across the bottom of your sink and saturate with household bleach. Let set for 1/2 hour or so.

Rub stainless steel sinks with lighter fluid if rust marks appear. After the rust disappears wipe with your regular kitchen cleanser.

Use a cloth dampened with rubbing alcohol to remove water spots from stainless steel.

Spots on stainless steel can also be removed with white vinegar.

Club soda will shine up stainless steel sinks in a jiffy.

**Teakettle:** To remove lime deposits, fill with equal parts of vinegar and water. Bring to a boil and allow to stand overnight.

**To unplug sink:** Pour in one cup or more of white vinegar and a cup of baking soda, then add hot water out of the tap at full force. When bubbling stops, drain should be clear. Need no plumber.

### **Fingerprints off the kitchen door and walls:**

Take away fingerprints. Spot removal: Two parts water and one part rubbing alcohol are the basic ingredients in any commercial spot remover.

# Keeping Furniture Clean

## **To remove polish build-up:**

Mix 1/2 cup vinegar and 1/2 cup water. Rub with a soft cloth that has been moistened with solution, but wrung out. Dry immediately with another soft cloth.

## **Polishing carved furniture:**

Dip an old soft toothbrush into furniture polish and brush lightly.

**Cigarette burns:** For small minor burns, try rubbing mayonnaise into the burn. Let set for a while before wiping off with a soft cloth.

**Burns** can be repaired with a wax stick (available in all colors at paint and hardware stores). Gently scrape away the charred finish. Heat a knife blade and melt the shellac stick against the heated blade. Smooth over damaged area with your finger. But always consider the value of the furniture. It might be better to have a professional make the repair.

Or, make a paste of rottenstone (available at hardware stores) and salad oil. Rub into the burned spot only, following the grain of wood. Wipe clean with a cloth that has been dampened in oil. Wipe dry and apply your favorite furniture polish.

## **Removing paper that is stuck to a wood surface:**

Do not scrape with a knife. Pour any salad oil, a few drops at a time, on the paper. Let set for a while and rub with a soft cloth. Repeat the procedure until the paper is completely gone.

Old decals can be removed easily by painting them with several coats of white vinegar. Give the vinegar time to soak in, then gently scrape off.

**Scratches:** Make sure you always

rub with the grain of the wood when repairing a scratch.

**Walnut:** Remove the meat from a fresh, unsalted walnut or pecan nut. Break it in half and rub the scratch with the broken side of the nut.

**Mahogany:** You can either rub the scratch with a dark brown crayon or buff with brown paste wax.

**Red Mahogany:** Apply ordinary iodine with a number 0 artist's brush.

**Maple:** Combine equal amounts of iodine and denatured alcohol. Apply with a Q-tip, then dry, wax and buff.

**Ebony:** Use black shoe polish, black eyebrow pencil or black crayon.

**Teakwood:** Rub very gently with 0000 steel wool. Rub in equal amounts of linseed oil and turpentine.

**Light-finished furniture:** Scratches can be hidden by using tan shoe polish. However, only on shiny finishes.

**For all minor scratches:** Cover each scratch with a generous amount of white petroleum jelly. Allow it to remain on for 24 hours. Rub into wood. Remove excess and polish as usual.

**For larger scratches:** Fill by rubbing with a wax stick (available in all colors at your hardware or paint store) or a crayon that matches the finish of the wood.

Three solutions to remove white water rings and spots: Dampen a soft cloth with water and put a dab of toothpaste on it. For stubborn stains, add baking soda to the toothpaste.

Make a paste of butter or mayonnaise and cigarette ashes. Apply to spot and buff away.

Apply a paste of salad oil and salt. Let stand briefly. Wipe and polish.

**Marble table-top stains:** Sprinkle salt on a fresh-cut lemon. Rub very lightly over stain. Do not rub hard or you will ruin the polished surface. Wash off with soap and water.

Scour with a water and baking soda paste. Let stand for a few minutes before rinsing with warm water.

Removing candle wax from wooden finishes: Soften the wax with a hair dryer. Remove wax with paper toweling and wash down with a solution of vinegar and water.

**Plastic table tops:** You will find that a coat of Turtle Wax is a quick pick-up for dulled plastic table tops and counters.

Or, rub in toothpaste and buff.

**Glass table tops:** Rub in a little lemon juice. Dry with paper towels and shine with newspaper for a sparkling table.

Toothpaste will remove small scratches from glass.

**Chrome cleaning:** For sparkling clean chrome without streaks, use a cloth dampened in ammonia.

**Removing glue:** Cement glue can be removed by rubbing with cold cream, peanut butter or salad oil.

**Wicker:** Wicker needs moisture, so use a humidifier in the winter. To prevent drying out, apply lemon oil occasionally.

Never let wicker freeze. This will cause cracking and splitting.

Wash with a solution of warm salt water to keep from turning yellow.

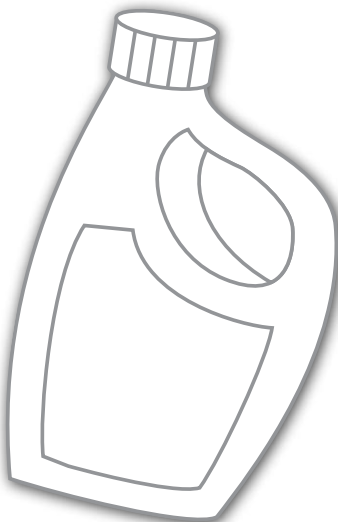
**Metal furniture:** To remove rust, a good scrubbing with turpentine should accomplish this job.

**Vinyl upholstery:** Never oil vinyl as this will make it hard. It is almost impossible to soften again. For proper cleaning, sprinkle baking soda or vinegar on a rough, damp cloth, then wash with a mild dishwashing soap.

**Soiled upholstery:** Rub soiled cotton upholstery fabric with an artgum eraser or squares (purchased at stationery store).

**Leather upholstery:** Prevent leather from cracking by polishing regularly with a cream made of 1 part vinegar and 2 parts linseed oil. Clean with a damp cloth and saddle soap.

**Grease stains:** Absorb grease on furniture by pouring salt on the spill immediately.



# Laundry Care

**Spot removal:** Two parts water and one part rubbing alcohol are the basic ingredients in any commercial spot remover.

**Clean machine:** Fill your washer with warm water and add a gallon of distilled vinegar. Run the machine through the entire cycle to unclog and clean soap scum from hoses.

**Too sudsy:** When your washer overflows with too many suds, sprinkle salt in the water - the suds will disappear.

**Hand-washed sweaters:** Add a capful of hair cream rinse to the final rinse water when washing sweaters.

**Whiter fabric:** Linen or cotton can be whitened by boiling in a mixture of 1 part cream of tartar and 3 parts water.

**Whitest socks:** Boil socks in water to which a lemon slice has been added.

**Freshen feather pillows:** Put feather pillows in the dryer and tumble, then air outside.

**Lintless corduroy:** While corduroy is still damp, brush with clothes brush to remove all lint.

**Ironing tip:** When pressing pants, iron the top part on the wrong side. Iron the legs on the right side. This gives the pockets and waistband a smooth look.

**Creaseless garments:** Take an empty cardboard paper towel roll and cut through it lengthwise. Slip it over a wire hanger to prevent a crease from forming in the garment to be hung on the hanger.

**Remove creases from hems:** Sponge material with a white vinegar solution and press flat to remove creases in hems.

**Bedroom ironing:** A good place to iron is in the bedroom.

Closets are nearby to hang clothes up immediately, and the bed makes a good surface on which to fold clothes and separate items into piles.

**Ironing board cover:** When washing your ironing board cover, attach it to the board while it is still damp. When it dries, the surface will be completely smooth.

Starch your ironing board cover. This helps the cover stay clean longer.

**Lint remover:** Add a yard of nylon netting to your dryer with the wet clothes - it will catch most of the lint.

**Washer advice:** Button all buttons on clothing and turn inside out before putting into the washer. Fewer buttons will fall off and garments will fade less if turned inside out.

**Soiled collars:** Use a small paintbrush and brush hair shampoo into soiled shirt collars before laundering. Shampoo is made to dissolve body oils.

**Faster ironing:** Place a strip of heavy-duty aluminum foil over the entire length of the ironing board and cover with pad. As you iron, heat will reflect through the underside of the garment.

**Ironing embroidery:** Lay the embroidery piece upside-down on a Turkish towel before ironing. All the little spaces between the embroidery will be smooth when you are finished.





# Removing Stains from Washables

**Alcoholic beverages:** Pre-soak or sponge fresh stains immediately with cold water, then with cold water and glycerin. Rinse with vinegar for a few seconds if stain remains. These stains may turn brown with age. If wine stain remains, rub with concentrated detergent; wait 15 minutes; rinse. Repeat if necessary. Wash with detergent in hottest water safe for fabric.

**Baby Food:** Use liquid laundry detergent and brush into stain with an old toothbrush then wash.

**Blood:** Pre-soak in cold or warm water at least 30 minutes. If stain remains, soak in lukewarm ammonia water (3 tablespoons per gallon water). Rinse. If stain remains, work in detergent, and wash, using bleach safe for fabric.

**Candle wax:** Use a dull knife to scrape off as much as possible. Place fabric between 2 blotters or facial tissues and press with warm iron. Remove color stain with non-flammable dry cleaning solvent. Wash with detergent in the hottest water safe for fabric.

**Chewing gum:** Rub area with ice, then scrape off with a dull blade. Sponge with dry cleaning solvent; allow to air dry. Wash in detergent and hottest water safe for fabric.

**Cosmetics:** Loosen stain with a non-flammable dry cleaning solvent. Rub detergent in until stain outline is gone. Wash in hottest water and detergent safe for fabric.

**Deodorants:** Sponge area with white vinegar. If stain remains, soak with denatured alcohol. Wash with detergent in hottest water safe for fabric.

**Dye:** If dye transfers from a non-colorfast item during washing, immediately bleach discolored items. Repeat as necessary BEFORE drying. On whites use color remover. CAUTION: Do not use color remover in washer, or around washer and dryer as it may damage the finish.

**Fruit and fruit juices:** Sponge with cold water. Pre-soak in cold or warm water for at least 30 minutes. Wash with detergent and bleach safe for fabric.

**Grass:** Pre-soak in cold water for at least 30 minutes. Rinse. Pre-treat with detergent, hot water, and bleach safe for fabric. On acetate and colored fabrics, use 1 part of alcohol to 2 parts water.

**Grease, oil, tar or butter:** Method 1: Use powder or chalk absorbents to remove as much grease as possible. Pre-treat with detergent or non-flammable dry cleaning solvent, or liquid shampoo. Wash in hottest water safe for fabric, using plenty of detergent.

Method 2: Rub spot with lard and sponge with a non-flammable dry cleaning solvent. Wash in hottest water and detergent safe for fabric.

**Perspiration:** Sponge fresh stain with ammonia; old stain with vinegar. Pre-soak in cold or warm water. Rinse. Wash in hottest water safe for fabric. If fabric is yellowed, use bleach. If stain still remains, dampen and sprinkle with meat tenderizer, or pepsin. Let stand 1 hour. Brush off and wash. For persistent odor, sponge with colorless mouthwash.

# Removing Stains from Carpets & Floors

**Candle drippings:** For spilled wax on carpet, use a brown paper bag as a blotter and run a hot iron over it, which will absorb the wax.

**Dog stains:** Blot up excess moisture with paper towel. Pour club soda on the spot and continue blotting. Lay a towel over the spot and set a heavy object on top in order to absorb all the moisture.

**Rug care:** When washing and drying foam-backed throw rugs, never wash in hot water, and use the "air only" dryer setting to dry. Heat will ruin foam.

**Cleaning rugs:** If the rug is only slightly dirty, you can clean it with cornmeal. Use a stiff brush to work the cornmeal into the pile of the rug. Take it all out with the vacuum.

**Spills on the rug:** When spills happen, go to the bathroom and grab a can of shaving cream. Squirt it on the spot then rinse off with water.

**Ballpoint ink marks:** Saturate the spots with hairspray. Allow to dry. Brush lightly with a solution of water and vinegar.

**Glue:** Glue can be loosened by saturating the spot with a cloth soaked in vinegar.

**Repairing braided rugs:** Braided rugs often rip apart. Instead of sewing them, use clear fabric glue to repair. It's that fast and easy.

**Repairing a burn:** Remove some fuzz from the carpet, either by shaving or pulling out with a tweezer. Roll into the shape of the burn. Apply a good cement glue to the backing of the rug and press the fuzz down into the burned spot. Cover with a piece of cleansing tissue and place a heavy book on top. This will cause the glue to dry very slowly and will get the best results.

Spot remover for outdoor carpeting: Spray spots liberally with a pre-wash commercial spray. Let it set several minutes, then hose down and watch the spots disappear.

**Blood on the rug:** When you get blood on your rug, rub off as much as

you can at first, then take a cloth soaked in cold water and wet the spot, wiping it up as you go. If a little bit remains, pour some ammonia onto the cool, wet cloth and lightly wipe that over the spot, too. Rinse it right away with cold water.

**Crayon Marks:** Use silver polish to remove from vinyl tile or linoleum.

**Spilled nail polish:** Allow to almost dry, then peel off of waxed floors or tile.

**Tar spots:** Use paste wax to remove tar from floors. Works on shoes, too.

**Dusting floors:** Stretch a nylon stocking over the dust mop. After using, discard the stocking and you will have a clean mop.

**Varnished floors:** Use cold tea to clean woodwork and varnished floors.

**Spilled grease:** Rub floor with ice cubes to solidify grease. Scrape up excess and wash with soapy water.

**Quick shine:** Put a piece of waxed paper under your dust mop. Dirt will stick to the mop and the wax will shine your floors.

**Unmarred floors:** Put thick old socks over the legs of heavy furniture when moving across floors.

**Wood floor care:** Never use water or water-based cleaners on wood floors. Over a period of time, warping and swelling will develop.

**Heel marks:** Just take a pencil eraser and wipe them off.

**Floor polisher:** When cleaning the felt pads of your floor polisher, place the pads between layers of newspaper and press with an iron to absorb built-up wax.

**Garage floors:** In an area where a large amount of oil has spilled, lay several thicknesses of newspaper. Saturate the paper with water; press flat against the floor. When dry, remove the newspaper and the spots will have disappeared.

**Basement floors:** Sprinkle sand on oily spots, let it absorb the oil, and sweep up.

# Basic Fabric Care

Keep your clothing and fabrics looking and feeling great by following a few basic washing, drying and ironing rules. Be sure to follow any specific instructions on the care label of clothing pieces. Take tailored clothes and special items to a dry cleaner.

<b>Fabric</b>	<b>Washing</b>	<b>Drying &amp; Ironing</b>
Acetates	Machine or hand wash at a low temperature. Do not wring or fast spin in machine.	Do not tumble dry. Allow acetate items to dry naturally and iron while still damp.
Acrylic	Usually machine washable - check label. Wash at low temperature.	Pull into shape after washing and remove excess water. Dry flat or line dry.
Brocade	Hand wash at cool temperature or dry clean. Do not wring.	Iron on the wrong side over a towel.
Cashmere	Hand wash in cool water in well-dissolved soap. Rinse well. Do not wring.	Dry and gently pull into shape. Iron inside out while damp with a cool iron.
Corduroy	Always wash inside out. Hand or machine wash -check label.	Iron inside out while evenly damp. Smooth fabric with a soft cloth.
Cotton	Machine wash at high temperature, separating whites from colors.	Tumble or line dry. Iron before items are completely dry.
Denim	Wash separately until there is no color run. Wash items inside out.	Tumble or line dry. Iron while very damp with a hot iron.
Leather & Suede	Protect items with leather spray after hand washing.	Rub suede onto another piece of suede or use a suede brush.
Linen	Machine wash according to label.	Iron while damp. Starch to prevent creases.
Silk	Hand wash in warm water. Some items may be machine washed on delicate cycle.	Line dry naturally and iron while damp. Use a pressing cloth to protect fabric.
Wool	Hand wash unless machine is acceptable - check label.	Dry flat, line dry or use a sweater rack. Do not tumble dry.

# Food Safety

Keep your family and yourself healthy by ensuring the foods you consume have been purchased, stored and prepared safely. A general understanding of how germs and bacteria grow will help protect you and your family from the risk of food poisoning.

## When shopping:

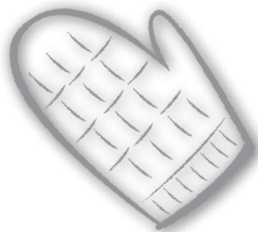
- Carefully check over fresh fruits and vegetables for bruising, rotting or discoloration.
- Try to keep chilled and frozen foods as cold as possible between buying these items and storage at home. Once home, transfer these foods to the refrigerator or freezer immediately.
- Read all package labels carefully, noting the expiration date and any ingredients that may affect a family member by causing an allergic reaction.

## When storing:

- Make sure your refrigerator is running correctly and kept cold enough, as harmful bacteria will flourish in warmer temperatures. Keep the coldest part of the refrigerator around 0 to 5°C/32 to 41°F.
- Store the most perishable foods in the coldest part of the refrigerator.
- Place foods that should be kept cooler, such as milk, fruit juices, cheeses, butter and eggs, in the refrigerator's special compartments.
- Wrap and cover all raw and uncooked foods to prevent them from touching other foods.
- Discard foods that have been kept longer than the "use by" or "best before" date.

## When preparing:

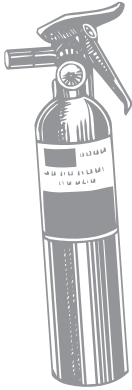
- Keep your hands and all equipment extremely clean.
- Never use a knife that has been used to cut raw meat or fish for anything else before washing it thoroughly.
- Use separate cutting boards for raw foods, vegetables and cooked meats.
- Carefully wash and disinfect cutting boards, counter surfaces and kitchen towels after all uses.
- High temperatures will kill most bacteria. Be sure to cook foods throughout, especially raw meats and fish. A good rule of thumb is to cook meats so the center reaches 70°C/158°F for at least 2 minutes.
- Cooking raw eggs will destroy bacteria. Avoid recipes calling for uncooked eggs.
- It is best to thaw frozen foods in the refrigerator or microwave. If frozen meats or fish are not completely thawed, the center may not cook properly.
- Never reheat food or meals more than once.



# Kitchen Safety

## Kitchen Fires:

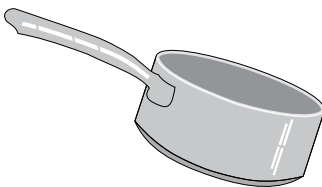
Always keep a domestic fire extinguisher in the kitchen. However, be careful not to position the extinguisher above the stove, as a stovetop or oven fire would make the extinguisher inaccessible. Be



sure to train your entire family on how to use the fire extinguisher. A compact fire blanket kept close will help suffocate flames from deep-fat fryers, which are a major cause of household fires. NEVER throw water on grease fires!

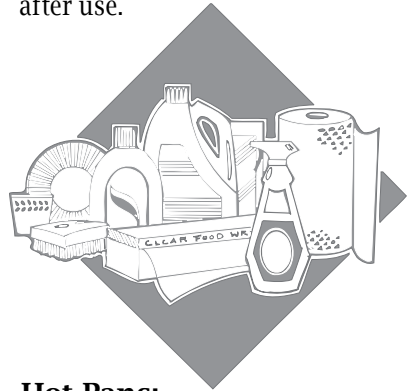
## Child Safety:

Use cupboard lock handles so children and infants cannot get into harmful kitchen chemicals or other products. Buy detergents and cleaning chemicals that have child-proof lids or store these products in high cupboards or on high shelves that are out of reach. Never leave knives or scissors on the counter. Try to keep them out of the way by placing them in a lockable drawer, on a magnetic rack or in a wooden knife block.



## Hygiene:

Always wash hands in warm soapy water before touching food, after touching raw foods and before touching ready-to-eat foods. If cuts or scrapes occur while cooking food, be sure to wash and cover the area immediately. Wipe hands on a separate kitchen towel, reserving the dish towel for dishes only. Bleach, disinfect or replace kitchen towels, cloths and sponges often, especially after working with raw foods. Return perishable foods, such as butter or milk, to the refrigerator as soon as possible after use.



## Hot Pans:

On the stovetop, make sure pan handles are pointing inwards so they won't be knocked off or catch on loose clothing. When using a frying pan, place a splatter guard over the pan so you or others will not be splattered by hot oil or grease.

# Perfect Party Checklist

- ✓ Create the party guest list.
- ✓ If applicable, pick a party theme. Party themes can be helpful during the planning process, as they give the party a defined purpose and focus.
- ✓ As party ideas come to you, jot them down. Don't rely on your memory for thoughts and inspiration.
- ✓ Create/buy invitations and send. If you have a theme, use the invitations to incorporate the theme and as a way to get party guests excited for the event!
- ✓ Gather materials needed for serving food, party games, decorations, music and/or party favors.
- ✓ Create the party menu, including snacks, main meal, beverages and/or dessert.
- ✓ Buy all necessary food and ingredients. If possible, prepare as much food the day before or morning of the party. If necessary, chill the beverages.
- ✓ Set the mood with decorations, lighting and music.
- ✓ Don't forget to wear something that is comfortable but, as the party host, makes you feel special!
- ✓ Set out party snacks, beverages, decorations and favors.
- ✓ Relax and welcome your guests!

# Menu Planning

## *When selecting recipes for a party:*

- Plan the main course first, unless a meal will not be served. After choosing the main course, pick appetizers, sides and desserts to complement it.
- Keep the courses simple and try to choose items that can be either entirely or partly prepared ahead of time.
- Try to create a balance of color, texture and flavor throughout the courses. Avoid choosing recipes that are too similar, for example, all egg- or cheese-based.
- Balance a rich or spicy dish with a plain, light and/or refreshing appetizer or dessert.
- Be aware of any special dietary or allergic requirements your guests may have.
- Unless you have extra help, try to limit the amount of courses to three.

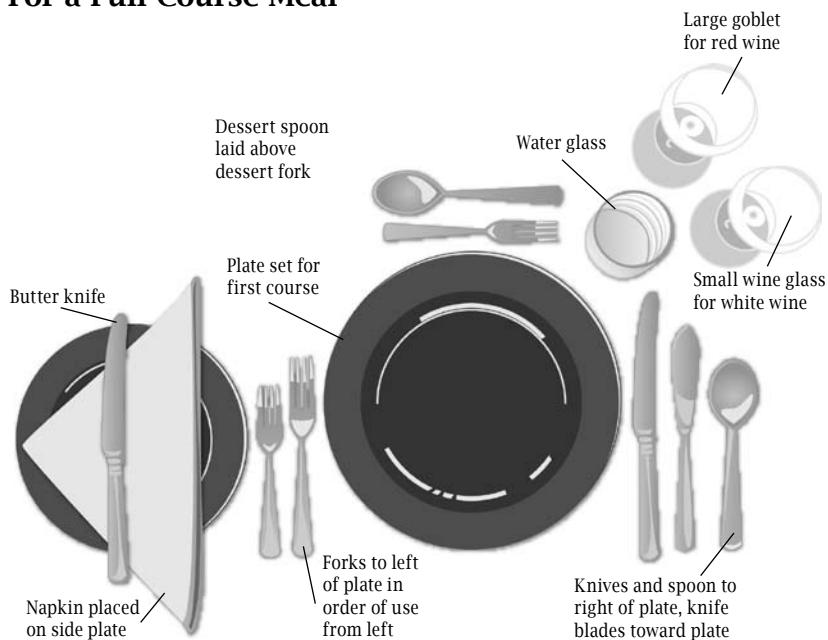
## Estimating Quantities

Food	10 Portions	20 Portions	40 Portions
Soup	1/2 gallon	1 gallon	2 gallons
Cold, sliced meats	2 lbs.	3 lbs. 14 oz.	7 lbs. 11 oz.
Boneless meat for casseroles	2 lbs. 3 oz.	5 lbs.	10 lbs.
Roast meat on the bone	3 lbs. 14 oz.	6 lbs. 10 oz.	14 lbs. 5 oz.
Cheese	12 oz.	2 lbs.	2 lbs. 12 oz.
Crackers for cheese	1 lb. 1 oz.	1 lb. 10 oz.	2 lbs. 3 oz.
Filletted fish	2 lbs. 12 oz.	5 lbs.	10 lbs.
Whole chicken or turkey	7 lbs. 11 oz.	15 lbs. 7 oz.	2 x 7 lbs. 11 oz.
Rice or pasta (uncooked weight)	1 lb. 1 oz.	1 lb. 9 oz.	2 lbs. 12 oz.
Fresh fruits or fruit salad	3 lbs. 5 oz.	6 lbs. 1 oz.	12 lbs. 2 oz.
Ice cream	1/2 gallon	3/4 gallon	1 1/4 gallons

# Table Settings

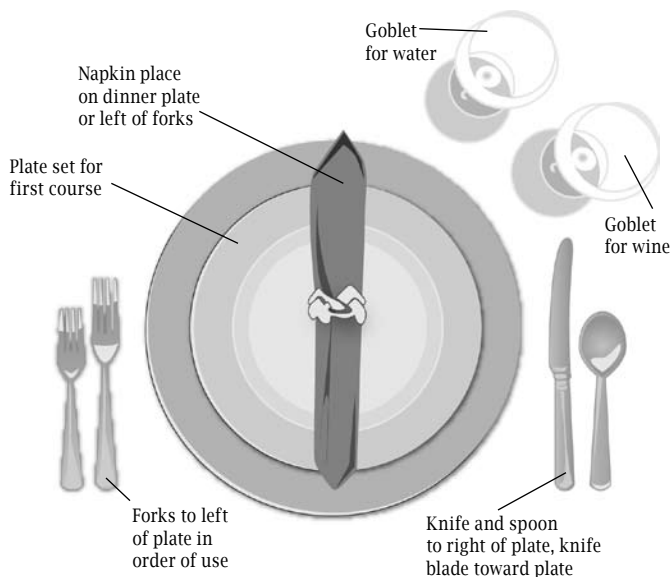
## For a Full-Course Meal

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## For a Casual Meal

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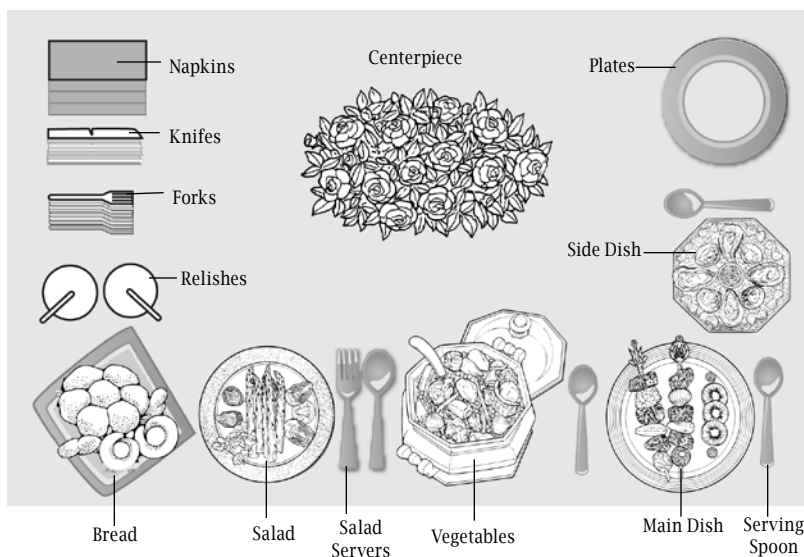




# Buffet Arrangement

## Arranging the Buffet Table:

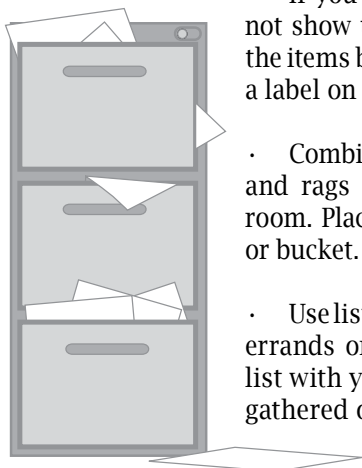
- Decide which direction guests will walk around the table.
- Start with empty plates, then side dishes, followed by the main dish and finally the vegetables and salads. Place serving utensils beside each dish.
- Set breads, relishes, cutlery and napkins at the end of the table. If there is room, set decorations in the center of the table.
- Leave room behind the buffet table so you have easy access for replacing dishes.
- Leave spaces between dishes on the buffet table so guests can set down glasses or plates when serving themselves.
- To keep cold side dishes or salads chilled, set the serving bowl or dish inside a separate dish that is full of ice.
- Place drinks, glasses, cups and ice on a separate table to avoid congestion in one area.



# Staying Organized

**Use the following tips to keep your home organized:**

- Use drawer dividers to give smaller items a well-defined spot. Within the drawers, store very small items in jewelry boxes, ice cube trays, desk trays, etc.
- Label storage containers or boxes with pictures or words so everyone will know the contents within. Color-coding works well, too. Color-code items for certain areas. For example, yellow-tagged items go in the upstairs bathroom. Or, use a separate color for each family member. For instance, Donna's color is red and Kathi's color is blue.
- Store items close to where they are used. For example, store jumper cables in the car trunk, pens and paper close to the phone and fast-food coupons in the car.
- Keep separate folders holding data for the home, for each car, for pets and for tax and insurance documents.
- Use a file folder to hold receipts for valuable items. File any guarantees or warranties together with the appropriate receipt.
- Print hard copies of important documents on your computer and file the documents in a safe place. This will allow you to retrieve the documents in case the computer breaks down or is stolen.



- If you keep magazines or pamphlets that do not show their title or issue on the spine, group the items by title and sort in a magazine file. Place a label on the file showing the contents within.
- Combine all cleaning fluids, detergents and rags needed to clean a particular area or room. Place them together in a sturdy container or bucket.
- Use lists to remember items needed, important errands or appointments. If possible, carry the list with you and check the items off as they are gathered or completed.

# KID'S KITCHEN CRAFTS

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# Homemade Glitter

Makes 1/2 cup

**1/2 C. salt**

**3 drops food coloring**

Preheat oven to 350°. In a small bowl, place salt. Add drops of any color food coloring. Mix lightly until salt is thoroughly colored. Spread salt mixture in a single layer on a baking sheet. Bake in preheated oven for 10 minutes. Remove baking sheet, being careful not to spill the glitter. Let glitter cool completely on baking sheet before transferring to a storage container.

# Silly Putty

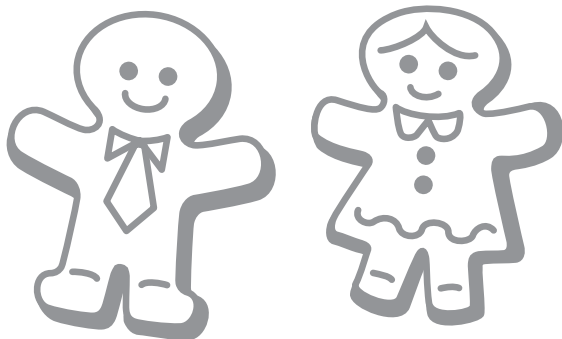
Makes about 1 cup

**1/2 C. Elmer's white glue**

**3 drops food coloring**

**1/2 C. liquid starch**

Place white glue in a medium shallow dish. Slowly add liquid starch to glue, kneading with your fingers. The more you handle the silly putty, the better it will turn out! If desired, add drops of any color food coloring and continue to knead with your hands until color is fully incorporated.



# Chocolate Scented Playdough

Makes about 2 cups

**1 1/4 C. flour**

**1/2 C. cocoa powder**

**1/2 C. salt**

**1/2 T. cream of tartar**

**1/2 T. vegetable oil**

**1 C. boiling water**

In a medium saucepan over medium heat, combine flour, cocoa powder, salt and cream of tartar. Add vegetable oil and boiling water and mix well. Cook, stirring frequently, until mixture forms a soft dough. Remove from heat and let cool. When mixture has cooled, continue to knead with your hands. Store mixture in an airtight container. Kids will enjoy creating shapes and characters with this sweet-smelling playdough!

# Bubble Juice

Makes about 1 1/2 cups

**1 C. water**

**2 T. light corn syrup or**

**2 tsp. glycerin**

**4 T. liquid dishwashing soap**

In a large shallow dish, combine water, corn syrup and dishwashing soap. Mix thoroughly and use with homemade bubble wands.

# Bubble Wands

Form wire clothes hangers or thin pieces of wire into various shapes. Lightly dip the wands into the bubble juice and wave through the air to make big bubbles!

# Bread Dough Basket

Makes 1 basket

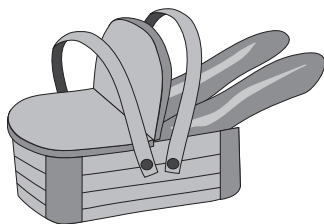
**1 1/2 C. warm water**

**2 lbs. flour**

**1 lb. salt**

**Clear gloss varnish**

Preheat oven to 250°. In a large bowl, combine warm water and salt. Let mixture cool and slowly add flour, mixing constantly, until a firm dough forms. Knead dough with hands until mixture has an elastic feel. Cover mixture with a damp cloth and let sit for 30 minutes. Measure the diameter of an ovenproof baking dish. Roll out dough to desired thickness and cut dough into strips that are about 1" longer than the diameter of the dish. Lay the strips horizontally across the dish from the top of one side, down over the base of the dish and up the opposite side of the dish. Continue laying the strips, leaving a gap of about 1" between each strip. When the baking dish has been covered in one direction, begin weaving strips in the opposite direction, alternating going over one strip and under the next. Continue this weaving method by placing the next strip so it goes under and over the opposite strips. Trim any uneven edges with a knife. Roll remaining dough into thin 5" long strips. Lay the strips end-to-end along the rim of the dish until rim is completely covered. Run your fingers over the dough to create a smooth finish around the rim. To give the rim of the basket a ribbed effect, make small cuts with a knife around the rim. Bake in oven for 1 1/2 to 2 hours, until dough is golden brown and hard to the touch. Remove from oven and let cool completely before removing bread basket from baking dish. Using a medium brush, paint basket with clear gloss varnish. Let varnish dry and apply another coat. When varnish has dried completely, use basket to hold fresh fruits or bread rolls. Do not eat the basket!



# Rock Candy Stir Sticks

Makes 5 to 6 sticks

**2 C. water**  
**5 C. sugar**  
**Drops of food coloring**  
**Plastic container lid**

**Wooden coffee stir sticks,**  
**bamboo skewers**  
**or popsicle sticks**

In a large saucepan over medium high heat, place water. Bring to a boil and stir in sugar. Continue to boil until mixture reaches 260°. Remove from heat and let mixture cool for 5 minutes. Pour sugar mixture into glass jar and add drops of food coloring. Mix lightly. Punch stir sticks through the plastic container lid. Set lid over glass jar so the sticks hang down into the sugar mixture but do not touch the bottom of the jar. Set the mixture aside for 7 days. After 7 days, carefully lift the lid out of the jar and you will find magical rock candy stir sticks. Give the sticks as gifts for grown-ups to stir in their coffee or tea.

# Birdie "Tweet" Treats

Makes 3 wreaths

**8 T. water, divided**  
**1-1/4 oz. pkg.**  
**unflavored gelatin**  
**2 C. wild birdseed**

**3-4" mini bundt or fluted**  
**pans**  
**3-12" pieces colorful ribbon**

In a medium saucepan over medium heat, bring 6 tablespoons water to a boil. In a medium bowl, combine unflavored gelatin and remaining 2 tablespoons water. Let mixture sit for 1 minute and then add boiling water. Stir for 2 to 3 minutes, until gelatin is completely dissolved. Stir wild birdseed into gelatin mixture, stirring well. Let mixture sit for a few minutes and stir again. Repeat this process twice, allowing the bird seed to absorb the liquid. Divide the mixture evenly into the miniature bundt pans. Place the filled pans in the refrigerator for 3 hours. Remove the wreaths from the molds by inverting and carefully tapping on the bottom of each pan. Let wreaths dry overnight. Thread one piece of ribbon through each wreath and tie closed. Hang the treats outside for birds to enjoy!

# Colorful Salt Art Creations

Makes about 2 creations

**1 C. table salt**  
**Various pieces of**  
**colored chalk**

**2 empty baby food jars**  
**Toothpicks**

Divide the salt into separate small ziplock bags. Place one piece of colored chalk in each bag with the salt. Close the bags and rub the salt and chalk together by hand until the salt is completely colored. Remove leftover pieces of chalk from the bags. Pour salt in any pattern or order, alternating colors, into the baby food jars. Fill jars completely full so the salt will not shift. If desired, create patterns along the inside of the jar by sticking the toothpick into the layers of colored salt. Put a thin line of hot glue along inside of jars and screw lids tightly onto jars. These salt art creations make great gifts or paperweights!

## Colored Vases

Makes 2 vases

**1/4 C. tacky glue**  
**1 tsp. water**  
**1 paintbrush**

**2 empty bottles, washed**  
**Colored salt (from recipe**  
**above)**

Use the colored salt from the above recipe to make beautiful vases! In a plastic cup, combine tacky glue and water. Mix well. Using a paintbrush, apply a thin coat of the glue mixture to the outside of the clean bottles. Pour your colored salt into a cup, using a separate cup for each color. Using one hand, hold one bottle by the tip over a piece of newspaper. While turning the bottle, sprinkle some of the colored sand over the bottle so the salt will attach to the sticky surface. When the bottle is satisfactorily covered with sand, set the bottle aside for 1 day so the glue can dry. Repeat with remaining bottle. Carefully fill the bottles half way with water and display flowers in your homemade vases!





# Cinnamon Holiday Ornaments

Makes 12 ornaments

**1/2 C. cinnamon**  
**1 C. applesauce**  
**1 T. nutmeg**

**1 T. ground cloves**  
**1 T. white glue**  
**Ribbon**

In a medium bowl, combine cinnamon, applesauce, nutmeg, ground cloves and glue. Mix well, until a stiff dough forms. Roll out dough to 1/4" thickness. Using cookie cutters, cut dough into various shapes. Using the end of a straw, poke a hole into one side of each ornament for the ribbon to go through. Carefully place cut out shapes on a wire rack. Let ornaments air dry for 5 to 7 days, turning occasionally. When ornaments are completely hardened, thread a piece of ribbon through the hole in each ornament and tie a loop so the ornaments can hang. You'll love the smell of these ornaments when placed throughout your home!

# Beauty Bath Bar

Makes 1 bar

**1 bar soap**  
**Acrylic paints**

**Paint brushes**  
**2 oz. canning wax**

Paint a design over one side of the bar of soap, using the acrylic paints and paint brushes. Meanwhile, in a double boiler over medium high heat, place canning wax. When wax is completely melted, use a disposable brush to paint a layer of clear wax over the painted design on the bar of soap. Set the bar of soap aside until the wax dries. The protective layer of wax will allow the soap to be used while the painted design remains on the bar!

# Mini Log Cabin

Makes 1 cabin

**1 empty 1/2 pint milk carton**

**1 C. creamy peanut butter**

**50 pretzel sticks**

**1 graham cracker half**

**2 square pretzels or cereal squares**

**12 thin wheat crackers**

**1 pretzel nugget for chimney**

Rinse milk carton completely and staple top closed, trimming the top so carton resembles a house shape. Cover sides and top (roof) of carton with creamy peanut butter. Cut pretzel sticks into desired length and cover sides of carton with pretzels, to resemble logs. Use the graham cracker half as a door and the square pretzels or cereal squares for windows. Press the pretzels, cereal and graham crackers into the peanut butter to secure to the carton. Use the thin wheat crackers as overlapping shingles for the roof. Using additional peanut butter, attach the pretzel nugget to the roof as a chimney.



# Apple Spice Potpourri

Makes about 1 1/2 cups

**1/2 C. chopped dried  
apple slices**  
**1/2 C. dried whole  
cranberries**  
**4 cinnamon sticks**

**1 whole nutmeg,  
broken into pieces**  
**2 T. whole cloves**  
**2 T. whole allspice**

Place dried apples and cranberries on a baking sheet and set aside to air dry for several days. In a large bowl, combine dried apples, dried cranberries, cinnamon sticks, nutmeg pieces, whole cloves and whole allspice. Mix ingredients together by hand. To simmer the potpourri, in a small saucepan, combine 1/2 cup of the potpourri mixture and 2 cups water. Place the saucepan over low heat and let simmer for several hours. If mixture begins to dry out, add more water as needed. Simmering potpourri will fill your entire house with a pleasing fragrance!

# Apple Doll

Makes 1 doll

**1 large Red Delicious apple**  
**Carving knife and potato  
peeler**  
**Colored markers, optional**

**1 plastic bottle**  
**Hot glue gun and glue**  
**Various pieces of fabric**

Peel and core the apple. With the help of an adult, carefully carve a face shape into the apple, hollowing out deep-set eyes and a deep slit for the mouth. If desired, add extra features like ears or a nose. Set the apple aside for several days, until the apple has shrunk to about 2/3 its original size. When the apple face is completely dried out, go over the eyes and other features with markers, if desired. Cut the top part off of the plastic bottle and apply a line of hot glue. Attach the apple head to the bottle and hold in place until hot glue has dried. Decorate the doll by wrapping fabric around the bottle to make clothes. Enjoy playing with your new doll, but remember that this doll is not for eating!

# Finger Paints

Makes about 5 cups

**2 C. flour**  
**2 tsp. salt**

**3 C. cold water**

**2 C. hot water**  
**Drops of food coloring**

In a medium saucepan over medium heat, combine flour and salt. Add cold water and, using a whisk or hand mixer, beat mixture until smooth. Add hot water and bring mixture to a boil, stirring until paint is glossy. Remove from heat and add drops of desired color food coloring. Stir until mixture is completely colored, adding more drops of food coloring if needed. Let paint cool completely before using finger paints in various art projects!

# Scented Rocks

Makes about 6 rocks

**1/2 C. wholemeal flour**  
**1/2 C. salt**  
**1/4 tsp. essential oil,**  
**any kind**

**2/3 C. boiling water**  
**Drops of food coloring**

In a small bowl, combine flour, salt and essential oil. Mix well and add boiling water. Add drops of any color food coloring and mix well. When mixture has cooled enough to handle, roll mixture into 2" to 3" balls. Shape balls into assorted rock shapes. Place "rocks" on a cooling rack in a warm, dry area. After several days, the rocks will be hard. These scented rocks will give a nice fragrance when placed in various dishes around your home.

# Eggshell Chalk

Makes 1 chalk stick

**4 to 5 egg shells**

**1 tsp. flour**

**1 tsp. very hot water**

**Drops of food coloring,  
optional**

Wash and dry egg shells completely. Place clean and dry egg shells in a small bowl and grind into a fine dust. When egg shells are almost completely ground, discard any larger pieces. In a separate bowl, place flour and hot water. Mix well and add 1 tablespoon of the egg shell powder, stirring until a paste forms. If desired, add drops of any color food coloring and continue to mix. Remove mixture from bowl and shape into a log or chalk stick form. Wrap mixture tightly with a strip of paper towel. Set aside chalk piece and let dry for about 3 days, until hardened. Carefully unwrap paper towel to reveal your homemade chalk. This chalk is for use on sidewalks only!

# Spray Chalk

Makes about 1 cup

**4 T. cornstarch**

**1 C. warm water**

**Drops of food coloring**

In a medium bowl, combine cornstarch and warm water, stirring until mixture is smooth. Add drops of any color food coloring and mix well. Pour mixture into a small plastic bottle mister. Shake bottle before using to break up clogs. Use spray chalk to decorate sidewalks or snow. Or use it to create colorful sand sculptures at the beach!



## Colored Pasta Art

Makes 2 cups colored pasta

**1/4 C. rubbing alcohol      2 C. dry pasta, any kind\***  
**1 T. food coloring**

In a 1-quart ziplock bag, place rubbing alcohol and food coloring. Securely close bag and shake until well combined. Open bag and add dry pasta. Close bag again and turn in hands to coat pasta with the coloring. Lay bag on a flat surface and let sit for 1 hour. Turn bag over and let sit for an additional 30 minutes. Carefully pour liquid from bag and pour remaining pasta into a large paper bag to dry. Use dried colored pasta to make pictures, sculptures, jewelry or other art projects.

\*Use various pasta shapes, such as: rigatoni, macaroni, wagon wheel, spiral or bow tie.

## Artificial Snow

Makes 1 cup

**1/2 C. sugar                      1/2 C. white glue**  
**1/2 C. talcum powder      1/2 C. water**

In a medium bowl, combine sugar and talcum powder and set aside. In a separate bowl, combine glue and water. Spread glue mixture over surface that you want to decorate with snow. Sprinkle the sugar mixture over the glue and enjoy the look of sparkling white snow!

# Marbled Paper

**10 C. cold water**  
**2 or 3 different**  
**colors of oil paint**

**Turpentine**  
**Brown paper bags**

In a shallow pan, place cold water. Add one color of the oil paint and a little turpentine until mixture reaches the consistency of thick cream. Drop a few drops of a different colored oil paint into the pan. If the paint drops sink, the mixture is too thick and you should add a little more turpentine. If the paint drops spread, the mixture is too thin and you should add a little more oil paint. When the mixture is the correct consistency, drop large spots of oil paint, one at a time, into the mixture. Using a spoon, stick or comb, swirl the paint into desired marbled patterns. Cut the brown paper bags into pieces that are slightly smaller than the shallow pan. Holding opposite corners of the paper, slowly lower the paper into the mixture in pan until one side of the paper has touched the solution. Carefully lift the paper out of the solution and place, marbled side up, on a stack of newspapers or drying rack. If desired, hang the papers on a clothes line to dry. Use this marbled paper for various art crafts or as stationery.

# Juggling Balls

Makes 3 balls

**3 plastic baggies**  
**4 1/2 C. dried beans,**  
**divided**

**6 balloons**

Fill each plastic baggie with 1 1/2 cups dried beans. Secure baggies with twist ties. Cut the top off of each balloon (the part that you blow into). Stretch one balloon over a filled plastic bag, being sure to cover the twist tie. Stretch another balloon over the baggie to conceal the hole, making sure the plastic bag is completely covered.

# Homemade Glue

Makes about 6 cups

**1 qt. skim milk**  
**1 T. white vinegar**

**3/4 T. baking soda**  
**10 oz. water**

In a double boiler over low heat, place milk and vinegar. Cook, stirring occasionally, until curds begin to form. Remove from heat and pour mixture through a strainer, discarding any remaining liquid. Slowly wash curds under running water until the smell of vinegar has disappeared. Place the curds in a clean, medium bowl. In a separate bowl, combine baking soda and water, stirring until baking soda is completely dissolved. Pour mixture over curds in bowl and stir until a white paste forms. Use glue for craft projects and store in airtight containers.

# Modeling Clay

Makes 1 1/2 cups

**1 C. baking soda**  
**1/2 C. cornstarch**

**3/4 C. water**  
**Drops of food coloring**

In a medium saucepan over low heat, combine baking soda and cornstarch. Mix well and add water. Continue to heat for 7 to 10 minutes, stirring frequently, until mixture is the consistency of mashed potatoes. Continue to stir, as mixture will thicken very quickly. Cover a flat surface with additional cornstarch. Spread mixture over cornstarch and knead by hand until mixture turns into a workable clay. Divide clay into several sections. Make a hole in the center of each section and add a few drops of food coloring to the hole in each section. If desired, use a different color for each section. Knead the sections by hand until the color has distributed throughout. Use modeling clay to make fun sculptures and creations. For a permanent sculpture, let the modeled clay air dry overnight. Place leftover clay in a ziplock bag and refrigerate. Use leftover clay within 3 days.



# Doggie Biscuits

Makes about 2 dozen

<b>1/4 C. hot water</b>	<b>1 1/2 C. tomato juice</b>
<b>1 tsp. sugar</b>	<b>2 C. flour, divided</b>
<b>1 pkg. active dry yeast</b>	<b>2 C. wheat germ</b>
<b>8 chicken bouillon cubes</b>	<b>1 1/2 C. whole wheat flour</b>

Preheat oven to 300°. In a large bowl, place hot water. Add sugar and yeast and let stand for about 5 minutes. Crush chicken bouillon cubes with a fork and stir crushed bouillon into yeast mixture. Add tomato juice, 1 cup flour and wheat germ and stir until a smooth batter forms. Add remaining 1 cup flour and whole wheat flour and stir until dough is stiff and very dry. Continue to mix by hand. Turn half of the dough out onto a lightly floured flat surface. Using a rolling pin, roll dough to about 1/4" thickness. If dough is too sticky, add additional flour. Using cookie cutters or a knife, cut biscuits into desired shape. Repeat with remaining dough. Place biscuits on a baking sheet and bake in oven for 1 hour. Turn off oven and let biscuits dry and harden in oven for about 4 hours. Remove cooled biscuits from oven and give them as a treat to your favorite dog!



# invisible Writing

**1 small paint brush**  
**1/2 C. lemon juice**  
**White paper**

**1 medium paint brush**  
**1 C. grape juice**

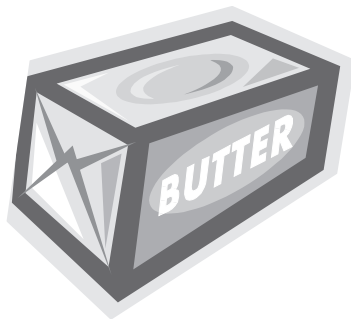
Write a secret message on a piece of paper that only your friends can see! Dip the small paint brush in lemon juice and write your message on the white paper. Your friend can reveal the message by dipping the medium paint brush in grape juice and "painting" over the entire piece of paper. Your secret message will show through!

# The Butter Factory

**1 pint heavy whipping cream**  
**Small plastic container with lid**

**Yellow food coloring, optional**

Pour the heavy whipping cream into the plastic container. Securely fasten the lid to the container. Take turns shaking the container with cream vigorously. Continue shaking for 15 to 30 minutes, until the cream has separated into buttermilk and solid butter. Open the container and discard the buttermilk. If desired, stir in a few drops of yellow food coloring until butter reaches desired shade. Use butter for normal purposes. Store in an airtight container in refrigerator.



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